

WINTER | SPRING
2007

RECREATION

ACTIVITY GUIDE



Centennial Recreation
Center Programs

Aquatics Center
Programs

Community & Cultural
Center Classes

Creating Community through People, Parks, and Programs.



Creating Community through People, Parks, and Programs

Today's youth, adults, and seniors are facing many health issues directly related to inactivity and poor diet. The City of Morgan Hill, in partnership with the YMCA of Santa Clara Valley, recently opened the doors to a 52,000 square foot Centennial Recreation Center (CRC) in an effort to address these issues. The CRC was built to promote multigenerational activities and advance the physical well-being of our community. The goal is to enhance Morgan Hill's quality of life by providing opportunities to play, socialize, and participate in a variety of healthy activities. Residents can choose to sign up for a membership, drop in at the Senior Center, register for a fitness program or stop by for a leisurely swim in the pool. On behalf of the City Council, Parks and Recreation Commission, Senior Advisory Commission, and Youth Advisory Committee, I want to thank you for your support and encourage you to enjoy all of the services available at the CRC, Aquatics Center, and Community and Cultural Center throughout the entire year!

Steve Rymer, Director
Recreation and Community
Services Department

Bicycle and Trails Advisory Committee

Meets on the fourth Thursday of each month at 6:15 p.m. in the City Council Chambers.

Library, Culture and Arts Commission

Meets on the second Monday of each month at 7:00 pm in the City Council Chambers.

Parks & Recreation Commission

Meets the third Tuesday of the month at 7:30 pm. in the City Council Chambers.

Senior Advisory Commission

Meets the first Tuesday of each month at 1:30 p.m. in the Senior Center at the Centennial Recreation Center

Youth Advisory Committee

Meets the first Monday of each month at 5:00 p.m. in the City Council Chambers.



City Manager Ed Tewes

Recreation & Community Services Department Administration

Director Steve Rymer

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Registration begins
Monday December 11th

Have your next
Party
at the Centennial Recreation Center

Sports Party
Pool Party



CITY OF MORGAN HILL
CENTENNIAL RECREATION CENTER
TOGETHER WITH THE YMCA

Contact Shelly Yowell at 782-2128 x803
or shelly.yowell@mhcrc.com

Teen Center at the CRC



Free for all teens ages
13 years to 18 years
old with a current
school identification
card.

Hours:
Monday - Thursday:
3pm - 8pm

Friday:
3pm - 10pm

Saturday:
2:30pm - 8pm

Hours are subject to
change due to special
events, classes, and
meetings.

Looking for a place to hang out?

Do homework
Use the
computers
Activities

Centennial Recreation Center

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CITY OF MORGAN HILL

**CENTENNIAL
RECREATION CENTER**

TOGETHER WITH THE YMCA

www.mhcrc.com

Registration begins Monday, December 11th

Facility Location

171 West Edmundson, Morgan Hill, CA 95037
(408) 782-2128

Hours of Operation

Monday-Friday	Saturday	Sunday
5am-10pm	6:30am-8pm	8am-6pm

Kids Zone Hours

Monday-Friday: 8:30am-1pm and 4pm-9pm
Saturday: 8:30am-12pm

Holiday Hours

Closed: Labor Day, Thanksgiving, Christmas, New Year's Day, Easter, Memorial Day, Independence Day

Christmas Eve 8am -12:00noon

New Year's Eve 8am - 3pm

Easter Sunday Closed

*Holiday Hours subject to change. Call ahead to confirm.

Centennial Recreation Center Staff

Recreation Supervisor	Chris Ghione 782-2128 x 801 chris.ghione@mhcrc.com
Associate Executive Director . . .	Malcolm Myers 782-2128 x 802 malcolm.myers@mhcrc.com
Municipal Services Assistant . . .	Shelly Yowell 782-2128 x 803 shelly.yowell@mhcrc.com
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Aquatics Coordinator	Jolie Hunter 782-2128 x 806 jolie.hunter@mhcrc.com
Nutrition Site Manager	Patricia Wyman 782-2128 x 809 patricia.wyman@mhcrc.com
Teen Specialist	Halida Mesinovic 782-2128 x 807 Halida.mesinovic@mhcrc.com
Kids Zone Coordinator	Andrea Nicolette andrea.nicolette@mhcrc.com 782-2128 x 812
Facility Specialist	Fred Gomez fred.gomez@mhcrc.com 782-2128 x 810

About The Partnership

On May 3, 2006, the City Council approved an agreement with the YMCA of Santa Clara Valley to cooperatively operate the City's new Centennial Recreation Center (CRC). The CRC was built to promote multi-generational interaction and advance the physical well being of our community. As partners, the City and YMCA will provide high quality health and fitness, aquatics, youth, teen, family, and senior programs for Morgan Hill residents and the surrounding community to enjoy!

About The Facility

The Centennial Recreation Center offers a wide variety of fitness and recreational options for the whole family. This 52,000 square foot facility offers a fitness center with strength and cardio equipment, group exercise studio that includes aerobics, Yoga, Pilates and group cycling, gymnasium with youth and adult open gym and leagues, kids zone(babysitting while you workout), indoor pool with slide and water features, senior center and senior nutrition program, Teen Center, locker rooms, and meeting rooms.



CRC Membership

Benefits of Membership:

- Free fitness classes
- Free lap and recreational swimming
- Free access for your children
- Free use of open gym
- Member prices for swim lessons and specialty classes
- Free access to all the YMCA of Santa Clara Valley branches
- Use of YMCA facilities around the country while traveling

Here's How You Can Get Involved:

- You can come to the Senior or Teen Center(s) for free.
- You can join the fitness facility as an individual or family member.
- You can register for a specialty class.
- You can buy a Day Pass for a single visit.

Additional Notes Regarding Fees:

Core fitness classes and FitLinxx are free for members.

The following are included with a membership:

Group exercise classes ■ Group cycling classes
12-week personal fitness program ■ Fitness orientation
Open gym ■ Lap swim, aqua fitness, recreational swim

Type	Member (resident)	Member (non-resident)	Non-member (resident)	Non-member (non-resident)
Membership Processing Fee	\$50-Adult \$75-Family	\$50-Adult \$75-Family	-	-
Adult Membership	\$52/mo	\$56/mo	-	-
Family Membership	\$76/mo	\$82/mo	-	-
Special Hours	\$39/mo	\$43/mo	-	-
Adult Plus	\$35/mo	\$39/mo	-	-
Teen	\$25/mo	\$29/mo	-	-
Add-on YMCA Membership	FREE	FREE	Fee	Fee
Core class	FREE	FREE	Day Pass + \$5	Day Pass + \$5
Specialty Class	Member Fee	Member Fee+ \$10	Non-member Fee	Non-member Fee + \$10
Swim Lessons	Member Fee	Member Fee+ \$10	Non-member Fee	Non-member Fee + \$10
Day Pass	-	-	\$7-Adult \$5-Youth	\$9-Adult \$7-Youth

Membership Categories

Adult: Includes one adult and all children up through the age of 21 living at the same address. Access all hours, all core programs.

Family: Two adults and all children up to through age of 21 living at the same address. Access all hours, all core programs.

Special Hours: One adult, designed for seniors and those with flexible schedules. Access from 10a.m to 4p.m weekdays and any time on the weekends. Access all core programs during these hours.

Adult Plus: Additional adult to a family membership, ages 22 or older, living at the same address. Access all hours, all core programs.

Teen: One teen, ages 13-18. Access all hours, all core programs.



FITNESS CENTER

Our Fitness Center offers selectorized Cybex strength equipment, cardiovascular equipment which includes treadmills, elliptical machines, Cross Trainers, Recumbent Bikes and free weights. The CRC provides certified professionally trained staff who are there to assist you and help you reach your fitness goals.

Kids Zone

Babysitting while you workout

Ages: 6 weeks - 12 years

FEE

Free for Facility Members.

Please show membership card to welcome center staff.

Drop in fee for non-members \$4.

Register at welcome center and bring pass to kids zone

HOURS

Monday-Friday
8:30am-1:00pm and
4pm-9:00pm

Saturday 8:30am-12pm

*Parent/Guardian must remain in the building at all times

New Member Orientation

One of the premium benefits of joining the CRC as a member is the opportunity to learn how to use our fully equipped Fitness Center to your best advantage. The CRC offers all Facility Members free one-on-one orientations with our trained fitness coaches. Make your appointment today at the Welcome Center!

12-week Personalized Fitness Program

Exercise is the key to a healthy lifestyle. The 12-Week Personalized Fitness Program is designed for new or returning exercisers. This program gradually leads facility members to a new level of fitness. Exercise is a major component of a healthy lifestyle. Make your appointment today at the Welcome Center. Available to facility members only for free.

Fitlinxx

FitLinxx is an interactive computerized fitness network designed to make sure you get a personalized workout each time you exercise. The system is designed to give you instant feedback while you exercise on the Cybex equipment and for your fitness coach to monitor your progress and help you reach your fitness goals. Each piece of equipment works on a specific muscle group and is safe, effective and easy to use. Sign up now for a free orientation.

Group Exercise Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Classes						
	5:30-6:30 am Group Cycling Julie J.	5:30-6:30 am Boot Camp Debbie C.	5:30-6:30 am Group Cycling Julie J.			
8:00-8:30 am Power Abs Barbara	7:00-8:00am Pilates Barbara	8:00-8:30 am Power Abs Barbara			7:00-8:00 am Yoga (All) Dolores	
8:40-9:40 am Step Terri	8:30-9:30 am Group Cycling Julie	8:40-9:40 am Step Terri	8:30-9:30 am Yoga Dolores	8:30-9:30 am Step Julie J	8:15-9:30 am Step/Abs Plus Stephanie D.	
10:00-10:50 am Body Sculpt Terri	10:00-10:50 am Pilates Julie J.	10:00-10:50 am Body Sculpt Terri	10:00-10:50 am Group Cycling Petra	9:35-10:30 am Yoga (II/III) Dolores	9:35-10:30 am Ultimate Conditioning - Petra	
11:00-11:50 am Yoga Terri		11:00-11:50 am Yoga Terri				
	11:00-11:30 am Yoga Mommy & Me* Amy M.		11:00-12:00 pm Pilates Laurie	11:00-12:00 pm Beginners Yoga Yvette	11:00-12:00 pm Tai Chi / Qi Gong Alex C.	
12:00-12:45 pm Step Marilynn	12:00-1:00 pm Yoga (II/III) Dolores	12:00-12:45 pm Aerobic Lite Marilynn	12:00-12:45 pm Body Sculpt Marilynn	12:00-12:45 pm Pilates Julie J.	<div>*Pre-registration required. May be charged additional fee</div>	
1:00-2:00 pm Lo Impact Arthritis Marilyn		1:00-2:00 pm Lo Impact Arthritis Marilyn	1:00-2:00 pm Stability Ball Marilyn			
Evening Classes						
	4:30-5:15 pm Teen Cycling Petra				3:00-4:00 pm Youth Dance* Daniel	
5:30-6:30 pm Group Cycling Petra	5:30-6:30 pm Cardio Latin Fusion Ana V.	5:30-6:30 pm Yoga Dolores	5:30-6:30 pm Family Jazz It Up! Heidi	5:30-6:30 pm Group Cycling Petra	4:05-5:05 pm Break Dancing* Daniel	
6:35-7:30 pm Pilates Barbara	6:35-7:30 pm Jazz It Up! Heidi	6:35-7:30 pm Power Sculpt & Tone - Mary	6:35-7:30 pm Kick Boxing Monica	6:35-7:30 pm Step	<div>Facility Hours Monday - Friday: 5:00am-10:00pm Saturdays: 6:30am-8:00pm Sundays: 8:00am-6:00pm</div>	
7:35-8:30 pm Kick Boxing	7:35-8:30 pm Yoga Amy M.	7:35-8:30 pm Group Cycling Julie J.	7:35-8:30 pm Yoga Amy M.			

GROUP EXERCISE CLASSES

The CRC offers a wide variety of fitness classes. We strive to accommodate all levels of fitness. If you are new to class, please let your instructor know. She/he may recommend appropriate modifications. You are encouraged to work out at your own pace. Have fun! Class schedule subject to change.

Aerobics Lite: A slower paced workout in which you are encouraged to work at your own pace. A great class for beginners or active older adults.

Body Sculpt: An exciting class incorporating exercises to help strengthen and tone all major muscle groups.

Boot Camp: Enjoy a full body workout that allows you to be challenged as much as you want. A unique blend of intense cardio training and muscle conditioning exercises. Run, jump, leap, shuffle, pump, and push your way to better fitness with the class designed to provide the ultimate in agility and cross training.

Ultimate Conditioning: Cardio fitness class includes indoor and outdoor activities that will strengthen your core, increase speed, agility, flexibility and conditioning through circuit, interval and plyometric training for a solid workout!

Group Cycling: Non-impact class conducted on a stationary bike. Appropriate for all levels. Go at your own pace and make it as challenging as you like.

Jazz It Up: This is a fun and exciting jazzy aerobic fitness class designed to provide some fun and cardio fitness.

Family Jazz It Up: A fun and exciting opportunity for parents and their little ones to enjoy cardio aerobic fitness with jazz music!

Kick Boxing: Kick, punch, jab, and power your way through this cardiovascular and muscular endurance workout.

Lo Impact Arthritis: Approved by the Arthritis Foundation. Instructor is

certified with both the YMCA and the Northern California Arthritis Foundation. Focus is on keeping the joints flexible, obtaining muscle strength in and around the joints; and improving overall health and fitness

Pilates: A mat based workout that will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength and improve flexibility.

Power Abs: A 30-minute super power abdominal exercise class incorporating multiple abdominal exercises to strengthen and shape your core.

Power Sculpt & Tone: Combines the styles of boot camp and provides the ultimate total body sculpting and toning class!

Latin Cardio Fusion: A mixture of various Latin moves in a cardio fitness class! Feel your hips move and feet sway to the music and enjoy the fitness workout you'll get from this fun class.

Stability Ball: Utilizes the stability ball for core strengthening and balance improvement.

Step: Low impact, high intensity class designed to enhance cardio-respiratory endurance. Adjustable height benches accommodate multiple fitness levels and allow you to control your own intensity.

Tai Chi: T'ai Chi Ch'üan (translated as 'Supreme Ultimate Force') develops the ability to use strong energy coming from the mind and body, without unnecessary and unproductive stress or tension being introduced into the muscles.

Teen Cycling: A dynamic group cycling class catered for teens age 13-17. A fun and exciting opportunity to increase cardio fitness, strength, speed and muscular endurance.

Yoga: Designed to increase flexibility, relieve stress, improve mental concentration and achieve greater body awareness.

Yoga - Beginner: A beginning level yoga class for individuals who seek to learn yoga, flexibility and breathing.

Yoga II & III: For students who have been practicing yoga regularly and are ready to practice inversions, backbends and arm balances.

GYMNASIUM

The CRC offers a full court gymnasium. The gymnasium is available for Open Gym Volleyball, Basketball and Badminton, and Youth and Adult Sports Leagues. Both Youth and Adult Basketball Leagues will be starting in January.



East Side Court

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05am-06am						//////////	//////////
06am-07am						//////////	//////////
07am-08am						Drop-In Basketball	//////////
08am-09am							Drop-In Basketball
09am-10am	Senior Classes	Senior Classes	Senior Classes	Senior Classes	Senior Classes	Youth Sports Rentals or Party Package	
10am-11am							
11am-12pm	Drop-In Volleyball	Drop-In Badminton	Drop-In Volleyball	Drop-In Badminton	Drop-In Volleyball		
12pm-01pm							
01pm-02pm							
02pm-03pm						Drop-In Basketball	Adult Basketball Leagues
03pm-04pm							
04pm-05pm	Youth Sports Rental or Party Package	Youth Sports Rental or Party Package	Youth Sports Rental or Party Package	Youth Sports Rental or Party Package	Youth Sports Rental or Party Package	Drop-In Volleyball	
05pm-06pm							//////////
06pm-07pm							//////////
07pm-08pm	Coed Volleyball League	Men's Basketball League	Coed Volleyball League	Women's Basketball League	Drop-In Soccer	//////////	//////////
08pm-09pm						//////////	//////////
09pm-10pm						//////////	//////////

West Side Court

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05am-06am						//////////	//////////
06am-07am	Drop-In Basketball	Drop-In Basketball	Drop-In Basketball	Drop-In Basketball	Drop-In Basketball	//////////	//////////
07am-08am						Drop-In Basketball	//////////
08am-09am							Drop-In Basketball
09am-10am	Senior Classes	Senior Classes	Senior Classes	Senior Classes	Senior Classes	Youth Sports Rentals or Party Package	Drop-In Badminton
10am-11am							
11am-12pm	Drop-In Basketball	Drop-In Basketball	Drop-In Basketball	Drop-In Basketball	Drop-In Basketball		
12pm-01pm							
01pm-02pm							
02pm-03pm							
03pm-04pm		Youth Indoor Soccer Class		Youth Basketball Classes		Drop-In Basketball	Drop-In Volleyball
04pm-05pm	Family Drop-In Sports		Family Drop-In Sports		Family Drop-In Sports		
05pm-06pm		Teen Center Activities				Drop-In Volleyball	//////////
06pm-07pm							//////////
07pm-08pm	Drop-In Basketball	Drop-In Volleyball	Drop-In Basketball	Drop-In Basketball	Drop-In Volleyball	//	
08pm-09pm						//	
09pm-10pm							

Facility Hours

Mon - Fri: 5:00am-10:00pm
Sat: 6:30am-8:00pm
Sun: 8:00am-6:00pm



Lap Swim

The Swimming Pool has the ability to accommodate three 20 yard lap lanes. Throughout the day, there will be a minimum of 1 lane available at all times during the pool operating schedule. The Swimming Pool operating times are as follows:

Monday-Friday 5:00am-9:30pm
Saturday 6:30am-7:30pm
Sunday 8:00am-5:30pm

Recreation Swim

Monday-Thursday 1:00pm-3:30pm & 6:00pm-8:00pm
Friday 1:00pm- 3:30 pm & 4:00pm-8:00pm (slide open)
Saturday 12:00pm-6:30pm (slide open)
Sunday 11:00pm-5:30pm (slide open)

Coed Aquatic Fitness Classes

Shallow Tone: This shallow Water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or tennis shoes are recommended.

Beginner Sculpt: A gentle cardiovascular and muscle toning class geared especially for the novice participant. Aqua socks or tennis shoes are recommended.

CRC Aqua Fitness							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00a-8:00a	Shallow Tone		Shallow Tone		Shallow Tone		
8:30a-9:30a		Beginner Sculpt		Beginner Sculpt		Shallow Tone	
11:45a-12:45p	Beginner Sculpt		Beginner Sculpt		Beginner Sculpt		
7:00p-8:00p	Shallow Tone	Shallow Tone	Shallow Tone	Shallow Tone			

Group Swim Lessons

Group Lessons are offered as 8 / 30-minute lessons over 4 or 8 weeks.

Winter Classes

M/W January 8 - January 31 and February 12 - March 7
T/Th January 9 - February 1 and February 13 - March 8
Sa January 13 - March 3

Spring Classes

M/W March 19 - April 11 and April 23 - May 16
T/Th March 20 - April 12 and April 24 - May 17
Sa March 17 - May 12 (No class on 4/7)

Member Resident: \$64 Member Non-Res: \$74
Non-Member Resident: \$74 Non-Member Non-Res: \$84

Private Swim Lessons

Private swim lessons for ages 3 years through adult, and for any level of ability, are available in a 4 week session. Instruction is geared toward the individual student's ability. The private swim lessons are offered as an eight class session that is thirty minutes in length per class. The sessions are either M/W, T/TH, or Saturday over 4 weeks or 8 weeks. One student/participant is enrolled in the entire 8 class session. The Centennial Recreation Center does not accept rescheduling of missed classes for this program. Registration for these classes is on a first come, first served basis.

Winter Classes

M/W January 8 - January 31 and February 12 - March 7
T/Th January 9 - February 1 and February 13 - March 8
Sa January 13 - March 3

Spring Classes

M/W March 19 - April 11 and April 23 - May 16
T/Th March 20 - April 12 and April 24 - May 17
Sa March 17 - May 12 (No class on 4/7)

Member Resident: \$215 Member Non-Res: \$240
Non-Member Resident: \$225 Non-Member Non-Res: \$250

Swim class descriptions on page 8.

Schedule for Mon/Wed

Class Name	TIME	Activity #			
		Jan 8	Feb 12	Mar 19	Apr 23
Cuttle Fish A	10:35a	5450.101	5450.109	5450.113	5450.117
	4:20p	5450.102	5450.110	5450.114	5450.118
Cuttle Fish B	11:10a	5450.103	5450.111	5450.115	5450.119
	5:30p	5450.104	5450.112	5450.116	5450.120
Clown Fish	10:00a	5451.101	5451.115	5451.122	5451.129
	10:35a	5451.102	5451.116	5451.123	5451.130
	11:45a	5451.103	5451.117	5451.124	5451.131
	3:45p	5451.104	5451.118	5451.125	5451.132
	4:20p	5451.105	5451.119	5451.126	5451.133
	4:55p	5451.106	5451.120	5451.127	5451.134
	5:30p	5451.107	5451.121	5451.128	5451.135
Jelly Fish	10:00a	5452.101	5452.111	5452.116	5452.121
	11:10a	5452.102	5452.112	5452.117	5452.122
	3:45p	5452.103	5452.113	5452.118	5452.123
	4:20p	5452.104	5452.114	5452.119	5452.124
	5:30p	5452.105	5452.115	5452.120	5452.125
Balloon Fish	11:45a	5453.101	5453.107	5453.110	5453.113
	4:20p	5453.102	5453.108	5453.111	5453.114
	4:55p	5453.102	5453.109	5453.112	5453.115
Flying Fish	5:30p	5454.101	5454.103	5454.104	5454.105
Sea Turtle	3:45p	5455.101	5455.107	5455.110	5455.113
	4:20p	5455.102	5455.108	5455.111	5455.114
	4:55p	5455.103	5455.109	5455.112	5455.115
Sting Ray	3:45p	5456.101	5456.105	5456.107	5456.109
	4:55p	5456.102	5456.106	5456.108	5456.110
Pelican	3:45p	5457.101	5457.105	5457.107	5457.109
	4:55p	5457.102	5457.106	5457.108	5457.110
Adult Beg	6:20p	5458.101	5458.103	5458.104	5458.105

Schedule for Tue/Thu

Class Name	TIME	Activity #			
		Jan 9	Feb 13	Mar 20	Apr 24
Cuttle Fish A	10:35a	5450.105	5450.121	5450.125	5450.129
	4:20p	5450.106	5450.122	5450.126	5450.130
Cuttle Fish B	11:10a	5450.107	5450.123	5450.127	5450.131
	5:30p	5450.108	5450.124	5450.128	5450.132
Clown Fish	10:00a	5451.108	5451.136	5451.143	5451.150
	10:35a	5451.109	5451.137	5451.144	5451.151
	11:45a	5451.110	5451.138	5451.145	5451.152
	3:45p	5451.111	5451.139	5451.146	5451.153
	4:20p	5451.112	5451.140	5451.147	5451.154
	4:55p	5451.113	5451.141	5451.148	5451.155
	5:30p	5451.114	5451.142	5451.149	5451.156
Jelly Fish	10:00a	5452.106	5452.126	5452.131	5452.136
	11:10a	5452.107	5452.127	5452.132	5452.137
	3:45p	5452.108	5452.128	5452.133	5452.138
	4:20p	5452.109	5452.129	5452.134	5452.139
	5:30p	5452.110	5452.130	5452.135	5452.140
Balloon Fish	11:45a	5453.104	5453.116	5453.119	5453.122
	4:20p	5453.105	5453.117	5453.120	5453.123
	4:55p	5453.106	5453.118	5453.121	5453.124
Flying Fish	5:30p	5454.102	5454.106	5454.107	5454.108
Sea Turtle	3:45p	5455.104	5455.116	5455.119	5455.122
	4:20p	5455.105	5455.117	5455.120	5455.123
	4:55p	5455.106	5455.118	5455.121	5455.124
Sting Ray	3:45p	5456.103	5456.111	5456.113	5456.115
	4:55p	5456.104	5456.112	5456.114	5456.116
Pelican	3:45p	5457.103	5457.111	5457.113	5457.115
	4:55p	5457.104	5457.112	5457.114	5457.116
Adult Beg	6:20p	5458.102	5458.106	5458.107	5458.108

Schedule for Saturday

Class Name	TIME	Activity #	
		Jan 13	Mar 17*
Cuttle Fish A	10:10a	5450.133	5450.135
Cuttle Fish B	10:45a	5450.134	5450.136
Clown Fish	9:00a	5451.157	5451.163
	9:35a	5451.158	5451.164
	9:35a	5451.159	5451.165
	10:10a	5451.160	5451.166
	10:45a	5451.161	5451.167
	11:20a	5451.162	5451.168
	11:20a	5451.162	5451.168
Jelly Fish	9:00a	5452.141	5452.146
	9:35a	5452.142	5452.147
	10:10a	5452.143	5452.148
	10:45a	5452.144	5452.149
	11:20a	5452.145	5452.150
Balloon Fish	10:45a	5453.125	5453.127
	11:20a	5453.126	5453.128
Flying Fish	9:00a	5454.109	5454.110
Sea Turtle	9:35a	5455.125	5455.128
	10:10a	5455.126	5455.129
	11:20a	5455.127	5455.130
Sting Ray	9:00a	5456.117	5456.119
	10:45a	5456.118	5456.120
Pelican	9:00a	5457.117	5457.119
	9:35a	5457.118	5457.120
Adult Beg	10:10a	5458.109	5458.110

Private Lessons

	Mon/Wed Classes			
	Jan 8	Feb 12	Mar 19	Apr 23
4:00-4:30p	5460.101	5460.107	5460.113	5460.119
4:30-5:00p	5460.102	5460.108	5460.114	5460.120
5:00-5:30p	5460.103	5460.109	5460.115	5460.121
5:30-6:00p	5460.104	5460.110	5460.116	5460.122
6:00-6:30p	5460.105	5460.111	5460.117	5460.123
6:30-7:00p	5460.106	5460.112	5460.118	5460.124
	Tue/Thur Classes			
	Jan 9	Feb 13	Mar 20	Apr 24
4:00-4:30p	5460.125	5460.131	5460.137	5460.143
4:30-5:00p	5460.126	5460.132	5460.138	5460.144
5:00-5:30p	5460.127	5460.133	5460.139	5460.145
5:30-6:00p	5460.128	5460.134	5460.140	5460.146
6:00-6:30p	5460.129	5460.135	5460.141	5460.147
6:30-7:00p	5460.130	5460.136	5460.142	5460.148
	Saturday Classes			
	Jan 13	Mar 17*		
9:00-9:30a	5460.149	5460.155		
9:30-10:00a	5460.150	5460.156		
10:00-10:30a	5460.151	5460.157		
10:30-11:00a	5460.152	5460.158		
11:00-11:30a	5460.153	5460.159		
11:30-12:00p	5460.154	5460.160		

*No Class 4/7

"CUTTLE FISH" PARENT/TOT PROGRAM:

This program is designed to teach children how to become accustomed to the water through playful interaction and games. Parents learn about aquatic safety for children. These lessons take place in the zero-depth entry recreational pool specifically designed for children to overcome any fear and progressively become accustomed to the water at various depths. Parents must accompany children in the water and children must wear swim diapers which can be purchased at the Centennial Recreation Center. This class does not teach children to be accomplished swimmer or survive in the water by themselves. For participant ease, this program is divided into two classes; Cuttle Fish A and Cuttle Fish B.



- ✓ Front glide readiness with breathing
- ✓ Back glide readiness
- ✓ Introduction to alternating arm movement
- ✓ Learn basic water safety rules
- ✓ Familiarity with getting help
- ✓ Reaching assist without equipment
- ✓ Wear lifejacket on deck and enter shallow water

"Jelly Fish" Level II

Ages: 3-5 years

Prerequisites: Clown Fish skills or the student should be comfortable in the water and able to take direction from the instructor.

Skills Checklist:

- ✓ Hold breath and fully submerge head, bobbing with controlled breathing
- ✓ Supported front float
- ✓ Supported back float
- ✓ Front glide and recover with support
- ✓ Back glide and recover with support
- ✓ Front glide with flutter kick supported
- ✓ Back glide with flutter kick supported
- ✓ Front crawl arm action
- ✓ Back crawl arm action
- ✓ Submerge and retrieve object from chest deep water
- ✓ Explore deep water with support
- ✓ Discuss role of all safety personnel
- ✓ Demonstrate reaching assist with equipment
- ✓ Demonstrate how to relieve a cramp



Cuttle Fish A

Ages: 6 months-17 months

Prerequisites: Parent participation is required

Infant Skills Checklist:

- ✓ Water adjustment, getting wet
- ✓ Exploring the pool, holding positions
- ✓ Front kick
- ✓ Front glide, readiness, passing, drafting
- ✓ Underwater exploration, readiness, bubble blowing, scooping
- ✓ Back float, adjusting to water in back position, readiness
- ✓ Rolling over, front to back & back to front
- ✓ Arm movement, front position, combined with kicking
- ✓ Exit water, parent carrying child

Cuttle Fish B

Ages: 18 months-35 months

Prerequisites: Parent participation is required

Toddler Skills Checklist:

- ✓ Front glide, drifting with breathing
- ✓ Underwater exploration, bobbing, opening eyes
- ✓ Arm movement on back, finning combined with kicking
- ✓ Changing positions, vertical to front & vertical to back float positions
- ✓ Kick up to surface
- ✓ Exit independently at side of pool or using ladder or stairs

PRESCHOOL PROGRAM:

This program teaches swimming skills in several levels. There are several options in this program that allow pre-school children to continue their progress in swimming. As children become proficient at each level, they progress to the next level. The levels allow for further advancement while keeping children in classes with their peers. Children may begin at any level that best matches their swimming proficiency.

"Clown Fish" Level I

Ages: 3-5 years

Prerequisites: No swimming skills are required. Parent participation is optional but if the parent chooses not to participate then the student must be able to take direction from the instructor.

Skills Checklist:

- ✓ Enter water safely, enter using stairs and rolling over from side of pool
- ✓ Bubble blowing, opening eyes under water, underwater exploration
- ✓ Introduction to supported front float
- ✓ Introduction to supported back float
- ✓ Supported front kicking
- ✓ Supported back kicking



"Flying Fish" Level IV

Ages: 3-5 years

Prerequisite skills: Balloon Fish skills

Skills Checklist:

- ✓ Bob in water slightly over head to safety
- ✓ Jump into deep water from side of pool
- ✓ Swim front crawl with side breathing (15 yards)
- ✓ Swim back crawl (15 yards)
- ✓ Demonstrate elementary backstroke kick
- ✓ Compact and kneeling dive from side of pool
- ✓ Treading water in deep water
- ✓ Jump into deep water with lifejackets on
- ✓ Demonstrate H.E.L.P. position (1 minute)
- ✓ Demonstrate huddle position (1 minute)
- ✓ Demonstrate correct technique for opening airway for rescue breathing



PROGRESSIVE LEVEL PROGRAM:

This program teaches a variety of swimming skills from beginner to more advanced principles. Each level builds upon those skills taught in the previous levels. Parents may enroll children at any level for which they have adequate skills.

"Sea Turtle" Level I

Ages: 6-12 years

Prerequisites: No swimming skills required

Skills Checklist:

- ✓ Enter and exit pool safely
- ✓ Submerge mouth, nose, and eyes
- ✓ Open eyes under water
- ✓ Pick up submerged object under water
- ✓ Exhale underwater through mouth and nose
- ✓ Front Float (supported and unsupported)
- ✓ Back Float (supported and unsupported)
- ✓ Roll over from front glide to back glide
- ✓ Roll over from back glide to front glide
- ✓ Front swimming with arm and leg actions
- ✓ Back swimming with arm and leg actions
- ✓ Discuss basic water safety rules
- ✓ Demonstrate proper use of a lifejacket



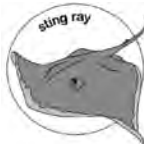
"Sting Ray" Level II

Ages: 6-12 years

Prerequisites: Sea Turtle skills and the child should be comfortable in the water

Skills Checklist:

- ✓ Submerging entire head
- ✓ Jump in from side of pool (shallow water)
- ✓ Unsupported front float
- ✓ Unsupported back float
- ✓ Front glide (supported and unsupported)
- ✓ Back glide (supported and unsupported)
- ✓ Finning arm action
- ✓ Sculling arm action
- ✓ Rhythmic bobs (10 times)
- ✓ Jellyfish float
- ✓ Treading water using arm and leg motions
- ✓ Swimming using combined stroke on front (15 feet)
- ✓ Swimming using combined stroke on back (15 feet)
- ✓ Moving in water while wearing a life jacket
- ✓ Recognizing a swimmer in distress and getting help



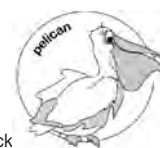
"Pelican" Level III

Ages: 6-12 years

Prerequisites: Sting Ray Skills (or Flying Fish)

Skills Checklist:

- ✓ Unsupported front glide with kick
- ✓ Unsupported back glide with kick
- ✓ Jump into deep water from side
- ✓ Front crawl stroke with rotary breathing (15 yards)
- ✓ Back crawl stroke (15 yards)
- ✓ Treading water (30 seconds)
- ✓ Butterfly kick and body motion
- ✓ Survival float on back
- ✓ Sitting and kneeling dive (shallow dive progression)
- ✓ Rules for safe diving
- ✓ H.E.L.P. position
- ✓ Huddle position



Adult Beginner: For adults (ages 18 and older) who do not know how to swim but want to learn. Emphasis is placed on water safety and basic swimming strokes such as treading water and front and back crawl coordination. Classes are paced to the individual's skill level. Classes will be held in the instructional pool and the competition pool.

YOUTH FITNESS/SPORTS

Bodu Taijutsu (Ninjutsu) Art System

Classes are taught by Bernie Flannigan who is black belt certified by the International Hombu in Noda City, Japan and is directed by the 34th grand master Masaaki Hatsumi. Instruction in this warrior art is now available in the Morgan Hill/Gilroy area. Bujinkan Budo Taijutsu (Ninjutsu) is self-defense combat art with no competitive aspects. Classes are taught in a relaxed atmosphere; two separate classes for youth and adults.

Youth Bodu Taijutsu (Ninjutsu)

This fun atmosphere of the pre-teen classes encourages self confidence, activity and focus. Children learn safe rolling techniques, balance, and self defense skills.

Instructor: Bernie Flannigan Location: CRC/Multi-Purpose Room

Activity #	Date	Day	Time	Age	Sessions
5416.101	01/02-01/23	T	6:30pm-7:30pm	6-12yrs	4
5416.102	01/30-02/20	T	6:30pm-7:30pm	6-12yrs	4
5416.103	02/27-03/20	T	6:30pm-7:30pm	6-12yrs	4
5416.104	03/27-04/16	T	6:30pm-7:30pm	6-12yrs	4
5416.105	01/04-01/25	TH	6:30pm-7:30pm	6-12yrs	4
5416.106	02/01-02/22	TH	6:30pm-7:30pm	6-12yrs	4
5416.107	03/01-03/22	TH	6:30pm-7:30pm	6-12yrs	4
5416.108	03/29-04/19	TH	6:30pm-7:30pm	6-12yrs	4

Materials Fee: \$50 due to the instructor the first day of class

Member Resident: \$40 Member Non-Res: \$50

Non-Member Resident: \$70 Non-Member Non-Res: \$80

Youth Fitness

This class will emphasize exercise, activities, and sports. Basketball, volleyball, badminton, indoor soccer, shuttle run, swimming, tag, calisthenics, and other group games will all be incorporated in this six week class. This class must have at least 10 youth to run. Pre-registration required.

Instructor: CRC staff Location: CRC/Gymnasium

Activity #	Date	Day	Time	Age	Sessions
5413.101	01/02-01/24	T/TH	03:30-04:30pm	7-10yrs	6
5413.102	02/07-02/28	T/TH	03:30-04:30pm	7-10yrs	6
5413.103	03/07-03/28	T/TH	03:30-04:30pm	7-10yrs	6

Member Resident: FREE! Member Non-Res: FREE!

Non-Member Resident: \$60 Non-Member Non-Res: \$70

Strength Training

This 4-week program is designed to introduce youth how to workout safely with selected equipment, cardiovascular machines and use of the FitLinx system. It is a four-week course that will provide instruction and education for youth interested in using the fitness center. Upon completion of the program, they will be issued a special CRC access card that must be carried with them at all times in our fitness center. For more information, please contact the Welcome Center. Pre-registration required.

Instructor: CRC staff Location: CRC/Fitness Room

Activity #	Date	Day	Time	Age	Sessions
5412.101	01/03-01/24	W	03:30-04:30pm	11-13yrs	4
5412.102	02/07-02/28	W	03:30-04:30pm	11-13yrs	4
5412.103	03/07-03/28	W	03:30-04:30pm	11-13yrs	4

Member Resident: FREE! Member Non-Res: FREE!

Non-Member Resident: \$60 Non-Member Non-Res: \$70

Yoga Mommy & Me

This 6-week yoga class is designed to offer a unique opportunity for moms and children to develop a relationship and bond. The elements of yoga will be implemented and modified for both moms and children who are participating in this class. Pre-registration required.

Instructor: CRC staff Location: CRC/Group Exercise Studio

Activity #	Date	Day	Time	Age	Sessions
5414.101	01/02-02/06	T	11:00-11:30am	2-5yrs	6
5414.102	02/13-03/20	T	11:00-11:30am	2-5yrs	6

Member Resident: FREE!

Member Non-Res: FREE!

Non-Member Resident: \$65

Non-Member Non-Res: \$75

Youth Dance

This is a great class for boys and girls. They will develop coordination, flexibility, and rhythm while learning the latest dances in a fun and positive environment.

Instructor: CRC staff Location: CRC/Gymnasium

Activity #	Date	Day	Time	Age	Sessions
5422.101	01/06-01/27	SA	03:00-04:00pm	8-12yrs	4
5422.102	02/03-02/24	SA	03:00-04:00pm	8-12yrs	4
5422.103	03/03-03/31	SA	03:00-04:00pm	8-12yrs	4
5422.104	04/07-04/28	SA	03:00-04:00pm	8-12yrs	4

Member Resident: FREE!

Member Non-Res: FREE!

Non-Member Resident: \$40

Non-Member Non-Res: \$50

Strollersize Fitness

This is a 6-week class designed for parents and toddlers to interact with their baby/toddler while having fun with exercise outdoors. Boost your energy and cardio endurance. We will also focus on strength training and core stability. All fitness levels are welcome. Pre-registration required.

Instructor: CRC staff Location: Meet in Lobby

Activity #	Date	Day	Time	Age	Sessions
5415.101	01/08-02/12	M	10:00-11:00am	baby/toddler	6
5415.102	02/19-03/26	M	10:00-11:00am	baby/toddler	6
5415.103	01/03-02/07	W	10:00-11:00am	baby/toddler	6
5415.104	02/14-03/21	W	10:00-11:00am	baby/toddler	6

Member Resident: FREE!

Member Non-Res: FREE!

Non-Member Resident: \$70

Non-Member Non-Res: \$80

Youth Basketball Classes

Just 4 Hoops staff will conduct instructional youth basketball lessons developing skills and the age-appropriate emotional development required for the game of basketball. A typical session includes a warm-up; topic introduction; demonstration; activities to learn and practice the particular skill; recreational game to provide the participants an environment simulating a basketball game in which to practice; and finally, a game. Each activity varies according to age and ability and is structured to provide every child the opportunity to express themselves and grow at their own rate. The emphasis is on learning and having fun, not winning.

Instructor: Just 4 Hoops staff Location: CRC/Gymnasium

Activity #	Date	Day	Time	Age	Sessions
K-1 GRADES					
5410.101	01/18-03/08	TH	03:15-4:00pm	4-6yrs	8
5410.102	03/22-05/10	TH	03:15-4:00pm	4-6yrs	8

2-3 GRADES

5410.103	01/18-03/08	TH	04:00-5:00pm	7-8yrs	8
5410.104	03/22-05/10	TH	04:00-5:00pm	7-8yrs	8

4-6 GRADES

5410.105	01/18-03/08	TH	05:00-6:30pm	9-12yrs	8
5410.106	03/22-05/10	TH	05:00-6:30pm	9-12yrs	8

Member Resident: \$95

Member Non-Res: \$105

Non-Member Resident: \$105

Non-Member Non-Res: \$115

Youth Indoor Soccer Classes

Just for Kicks staff conducts instructional soccer lessons developing skills and the age-appropriate emotional development required for the game of soccer. The focus is on learning and having fun. A typical session will include a warm-up; topic introduction; demonstrations; activities to learn and practice the particular skill; and recreational games to provide the participants an environment simulating a soccer match in which to practice. Each activity varies according to age and ability. Shin guards and indoor shoes are required for students.

Instructor: Just 4 Kicks staff Location: CRC/Gymnasium

Activity #	Date	Day	Time	Age	Sessions
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MOMMY & ME

5411.101	01/16-03/06	T	09:00-09:30am	2½-3½yrs	8
5411.102	03/22-05/10	T	09:00-09:30am	2½-3½yrs	8

PRE-K

5411.103	01/16-03/06	T	10:20-10:50am	3½-4yrs	8
5411.104	01/16-03/06	T	02:15-02:45pm	3½-4yrs	8
5411.105	03/22-05/10	T	10:20-10:50am	3½-4yrs	8
5411.106	03/22-05/10	T	02:15-02:45pm	3½-4yrs	8

K

5411.107	01/18-03/08	T	09:45-10:20am	4-5yrs	8
5411.108	01/18-03/08	T	02:45-03:20pm	4-5yrs	8
5411.109	03/22-05/10	T	09:45-10:20am	4-5yrs	8
5411.110	03/22-05/10	T	02:45-03:20pm	4-5yrs	8

K-1 GRADES

5411.111	01/18-03/08	T	03:20-04:05pm	5-6yrs	8
5411.112	03/22-05/10	T	03:20-04:05pm	5-6yrs	8

2-3 GRADES

5411.113	01/18-03/08	T	03:20-04:05pm	7-9yrs	8
5411.114	03/22-05/10	T	03:20-04:05pm	7-9yrs	8

4-6 GRADES

5411.115	01/18-03/08	T	03:20-04:05pm	10-12yrs	8
5411.116	03/22-05/10	T	03:20-04:05pm	10-12yrs	8

Member Resident: \$95

Member Non-Res: \$105

Non-Member Resident: \$105

Non-Member Non-Res: \$115

JUST FOR TEENS

Polymer Clay

This product is like no other! The possibilities are simply endless. Learn the basics and go from there. We will start with miniatures, candle holders, vases, and more.

Instructor: Julia Souders Location: CRC/Activity Room

Activity #	Date	Day	Time	Age	Sessions
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4109.101	01/04-02/08	TH	3:30-4:30 pm	13-18yrs	6
4109.102	02/22-03/29	TH	3:30-4:30 pm	13-18yrs	6
4109.103	04/12-05/17	TH	3:30-4:30 pm	13-18yrs	6

Material Fee: \$17

Member Resident: \$78

Member Non-Res: \$88

Non-Member Resident: \$88

Non-Member Non-Res: \$98

Hip Jewelry 4-U

Learn to make the latest jewelry trends and how to design jewelry trends of your own! Learn all the basics of beading and planning out a project. Work with a variety of beads, shells, and stones.

Instructor: Julia Souders Location: CRC/Activity Room

Activity #	Date	Day	Time	Age	Sessions
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4105.101	01/05-02/09	F	3:30-4:30 pm	13-18yrs	6
4105.102	02/23-04/06	F	3:30-4:30 pm	13-18yrs	6
4105.103	04/20-05/25	F	3:30-4:30 pm	13-18yrs	6

Material Fee: \$20

Member Resident: \$78

Member Non-Res: \$88

Non-Member Resident: \$88

Non-Member Non-Res: \$98

Breakdance

Breakdancing, also known as "breaking" or "b-boying" is a street dance style that evolved as part of the hip hop movement that originated among African American youths in New York City during the 1970's and is arguably one of the best known of all hip hop dance styles. Breaking is one of the four elements of hip hop, the others being MCing, DJing and graffiti, so come join us for some exciting fun!

Instructor: CRC staff Location: CRC/Gymnasium

Activity #	Date	Day	Time	Age	Sessions
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5423.101	01/06-01/27	SA	04:05-05:05pm	13yrs+	4
5423.102	02/03-02/24	SA	04:05-05:05pm	13yrs+	4
5423.103	03/03-03/31	SA	04:05-05:05pm	13yrs+	4
5423.104	04/07-04/28	SA	04:05-05:05pm	13yrs+	4

Member Resident: FREE!

Member Non-Res: FREE!

Non-Member Resident: \$40

Non-Member Non-Res: \$50

Teen Art Sampler

Can't decide which art class sounds best? Let us decide for you with a sampling of all types of art. We will try our hand at batik, candlemaking, clay, just to name a few projects we have in store. Join us for a great time of sampling.

Instructor: Julia Souders Location: CRC/Activity Room

Activity #	Date	Day	Time	Age	Sessions
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5420.101	01/10-02/14	W	03:30-4:30 pm	13-18yrs	6
5420.102	02/28-04/04	W	03:30-4:30 pm	13-18yrs	6
5420.103	04/18-05/23	W	03:30-4:30 pm	13-18yrs	6

Material Fee: \$20

Member Resident: \$78

Member Non-Res: \$88

Non-Member Resident: \$88

Non-Member Non-Res: \$98

Watercolor for Teens

Discover your genius for watercolor. You will learn the basics like color mixing and washes, brush techniques, light and shadow, and perspective. Be challenged and inspired by watercolors.

Instructor: Julia Souders Location: CRC/Activity Room

Activity #	Date	Day	Time	Age	Sessions
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5420.104	01/10-02/14	W	05:00-06:00 pm	13-18yrs	6
5420.105	02/28-04/04	W	05:00-06:00 pm	13-18yrs	6
5420.106	04/18-05/23	W	05:00-06:00 pm	13-18yrs	6

Material Fee: \$20

Member Resident: \$78

Member Non-Res: \$88

Non-Member Resident: \$88

Non-Member Non-Res: \$98

Teen Craft Class

Come have fun making beautiful, hand-made art and crafts projects! A variety of materials and methods will be explored in this creative expressions class for teens.

Instructor: Nancy Domnauer Location: CRC/Activity Room

Activity #	Date	Day	Time	Age	Sessions
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5420.107	01/10	W	06:30-07:30pm	12-18yrs	1
5420.108	02/07	W	06:30-07:30pm	12-18yrs	1
5420.109	03/07	W	06:30-07:30pm	12-18yrs	1
5420.110	04/04	W	06:30-07:30pm	12-18yrs	1

Material Fee: \$5

Member Resident: \$15

Member Non-Res: \$25

Non-Member Resident: \$25

Non-Member Non-Res: \$35

Teen Self Defense

This class stresses mental, verbal, as well as physical defense techniques and promotes self awareness for common life situations. Through discussion and role playing, students foster confidence and build verbal skills and physical escape techniques. Wear comfortable workout clothes.

Instructor: Arceli Bell Location: CRC/ Multipurpose Room

Activity #	Date	Day	Time	Age	Sessions
4705.113	01/13-01/27	Sat	11:00am - 01:00pm	13yrs +	2
4705.114	02/10-02/24	Sat	11:00am - 01:00pm	13yrs +	2
4705.115	03/10-03/24	Sat	11:00am - 01:00pm	13yrs +	2
4705.116	04/14-04/28	Sat	11:00am - 01:00pm	13yrs +	2

Material Fee: \$20 workbook optional

Member Resident: \$45

Member Non-Res: \$55

Non-Member Resident: \$55

Non-Member Non-Res: \$65

Design With Flowers

Come join the fun while you work on projects like corsage and boutonniere making which can be useful for prom nights.

Instructor: Nasreen Ahmed Location: CRC/Activity Room

Activity #	Date	Day	Time	Age	Sessions
5421.101	01/25	TH	06:00-8:00pm	13-18yrs	1
5421.102	02/08	TH	06:00-8:00pm	13-18yrs	1
5421.103	03/22	TH	06:00-8:00pm	13-18yrs	1
5421.104	04/12	TH	06:00-8:00pm	13-18yrs	1
5421.105	04/26	TH	06:00-8:00pm	13-18yrs	1

Material Fee: \$10

Member Resident: \$24

Member Non-Res: \$34

Non-Member Resident: \$34

Non-Member Non-Res: \$44

Cool Animal Balloon Making

Animal balloons are usually seen as an entertaining activity for young kids, but they can also brighten someone's day, regardless of age or gender. Put a smile on someone's face by learning the basics of making animal balloons from our Recreation Coordinator. She has been a balloon artist for over 10 years.

Instructor: Chiquy Mejia Location: CRC/ Activity Room

Level: Beginning

Activity #	Date	Day	Time	Age	Sessions
5422.101	2/19	M	04:30-6:30pm	13-18yrs	1
5422.102	3/19	M	04:30-6:30pm	13-18yrs	1

Material Fee Optional: \$15 if you want to purchase your own twister balloons & hand pump due to instructor the first day of class.

Member Resident: \$25

Member Non-Res: \$35

Non-Member Resident: \$35

Non-Member Non-Res: \$45

TEEN ENRICHMENT

S.A.T. Preparation

Tips + practice + personalized feedback = a higher score on one of the most important exams of a student's life. Students will learn the basic concepts of all 3 SAT sections: Critical Reading, Writing, and Math. Each session includes a mini-practice exam - graded with personalized feedback from the instructor.

Instructor: David Wang Location: CRC/Teen Center

Activity #	Date	Day	Time	Age	Sessions
3310.101	01/09-02/06	T	04:00-06:00pm	14yrs +	5
3310.102	02/13-03/20	T	04:00-06:00pm	14yrs +	5
Member Resident: \$109		Member Non-Res: \$119			
Non-Member Resident: \$119		Non-Member Non-Res: \$129			

S.A.T. Math Review

Students will receive a more in-depth and comprehensive review of all 4 math topics covered by the SAT. Sample problems - both multiple choice and "grid-ins" - will be demonstrated in class. Practice exam sections will be given and graded in class, and personalized feedback will be given to the students.

Instructor: David Wang Location: CRC/Teen Center

Activity #	Date	Day	Time	Age	Sessions
3310.103	03/27 - 04/17	T	04:00-06:00pm	14yrs+	4
Member Resident: \$89		Member Non-Res: \$99			
Non-Member Resident: \$99		Non-Member Non-Res: \$109			

TEEN/ADULT FITNESS

Weight Training For Women (WTFW)

This six week one hour class is an intensive group experience using Cybex strength training equipment and free weights. Topics such as anatomy, physiology, fat loss and cardiovascular conditioning will be discussed. This course gives you the opportunity to workout next to a trainer so personalized instruction is guaranteed. This class also gives you an opportunity to meet other people. For more information or to register please see the Welcome Center.

Instructor: CRC staff Location: Activity Room/Fitness Center

Activity #	Date	Day	Time	Age	Sessions
5418.101	01/01-02/05	M	11:00am-12:00pm	18yrs +	6
5418.102	02/19-03/26	M	11:00am-12:00pm	18yrs +	6

Member Resident: \$45

Member Non-Res: \$55

Non-Member Resident: \$90

Non-Member Non-Res: \$100

Adult Bodu Taijutsu (Ninjutsu)

This class encourages self-confidence, activity, and focus. Youth ages 13+ and both adult men and women are welcomed to join!

Instructor: Bernie Flannigan Location: Multi-Purpose Room

Activity #	Date	Day	Time	Age	Sessions
5416.109	01/02-01/26	T/TH	7:45pm-8:45pm	13yrs +	8
5416.110	01/30-02/22	T/TH	7:45pm-8:45pm	13yrs +	8
5416.111	02/27-03/22	T/TH	7:45pm-8:45pm	13yrs +	8
5416.112	03/27-04/19	T/TH	7:45pm-8:45pm	13yrs +	8

Materials Fee: \$75 due to the instructor the first day of class

Member Resident: \$80

Member Non-Res: \$90

Non-Member Resident: \$140

Non-Member Non-Res: \$150

8 Weeks To Wellness

This is a group forum that will help guide individuals to establishing long-term healthy lifestyles. Receive a study guide and group lesson once a week, be set up on Fitlinx for a 12 week individualized training regimen, and receive assistance with your short-term and long-term goals. We will provide thorough fitness assessments and sound nutrition education. Topics will include goal attainment, nutrition guidance, stress reduction and ultimately hold you accountable for your own health and actions to make a change!! This is also a great opportunity to meet other people with similar fitness goals and lifestyle changes.

Instructor: CRC staff Location: Activity Room

Activity #	Date	Day	Time	Age	Sessions
5417.101	01/09-03/06*	T	10:00am-11:00am	18yrs +	8
*No Class on 2/20					

Member Resident: \$50

Member Non-Res: \$60

Non-Member Resident: \$95

Non-Member Non-Res: \$105

Personal Training

Our personal training program is individualized and specifically tailored to your needs. Our certified trainers will guide you through a customized program, which will get you the results you need in the fastest and most effective way possible. You will be instructed in all components necessary to alter body composition, the use of proper bio-mechanics, anatomy, physiology, proper nutrition and much more. For more information or to register please contact the Welcome Center. Location: Fitness Center

Personal training is only available for CRC facility members.

\$60 per session (Individual session)

\$300 six-session package @ \$50 per session

\$480 12-session package @ \$40 per session

Roll With It!

Learn to use the stability balls correctly which involves learning about the body's support system and how to strengthen weak areas that can lead to pain and injury. Functional and fun balance exercises and strength training will be taught using just body weight and a stability ball (except for those who want more of a challenge, then 6-10 lb weights may be used). We will emphasize the low back, shoulders, hips and finally put it all together and practice. The last class will be a super-challenge, but could be attempted and modified to suit those who are more physically challenged.

Instructor: Dr. Nicole Dave Reagan Location: Multi-Purpose Room

Activity #	Date	Day	Time	Age	Sessions
5419.101	01/06-02/10	SA	09:00am-10:00am	18yrs +	6
5419.102	02/17-03/24	SA	09:00am-10:00am	18yrs +	6
Member Resident: FREE!		Member Non-Res: FREE!			
Non-Member Resident: \$60		Non-Member Non-Res: \$70			

ADULT SPORTS LEAGUES

At least 60% residency or membership is required to receive member and/or resident rates. You can pick up a registration form at www.mhcr.com or at the CRC. For more information call 408-782-2128 x801 or email chris.ghione@mhcr.com.

Men's Basketball League

Full court leagues for adult (18/older) are available on Tuesday nights and Sunday afternoons. The Intermediate level plays on Tuesday nights and the Novice level on Sunday afternoons. Registration is by team only. Individual players are welcome to fill out a free agent form, but are not guaranteed to be placed on a team. The season consists of 1 practice game, 10 regular season games and playoffs (for the top 4 teams). The opening practice days will be held January 9th and 14th.

Location: Gymnasium	Activity #5501.101
Member Resident: \$550/team	Member Non-Res: \$600/team
Non-Member Resident: \$600/team	Non-Member Non-Res: \$650/team

Women's Basketball League

Full court leagues for adult (18/older) women are offered year round. The Novice/Beginner level is plays on Sunday afternoons; the Intermediate level league is held on Thursday evenings. Registration is by individual player, first come, first served. The season consists of 1 practice game, 10 regular season games and playoffs (for the top 4 teams). The opening practice days will be held January 11th and 14th.

Location: Gymnasium	Activity #5501.102
Member Resident: \$75	Member Non-Res: \$80
Non-Member Resident: \$80	Non-Member Non-Res: \$85

Volleyball Leagues (Coed)

Co-Ed volleyball leagues for adults (18/older) are offered on Monday and Wednesday nights. A Novice league is offered on Wednesdays and an Intermediate league on Mondays. Game times are 7:00; 8:00; 9:00 pm. The season consists of a practice night, 10 nights of play and two weeks of playoffs. Registration is by team only. Individual players are welcome to fill out a free agent form, but are not guaranteed to be placed on a team.

Location: Gymnasium	Activity #5501.103
Member Resident: \$375/team	Member Non-Res: \$425/team
Non-Member Resident: \$425/team	Non-Member Non-Res: \$475/team

ADULT ENRICHMENT

Ethnic Cuisine

Ever wanted to learn how to cook ethnic foods? Every 2nd Saturday of each month, come join in on the fun. Do you like Vietnamese? Italian? Greek? Mexican? Bring your aprons, spatulas, spoons, chopsticks and appetite! Come enjoy a fun morning together with ethnic cuisine that is healthy and delicious!

Instructor: CRC Staff Location: Multi-Purpose Room

Activity #	Date	Day	Time	Age	Sessions
5420.101	01/13	SA	09:00am-12:00pm	18yrs +	1
5420.102	02/10	SA	09:00am-12:00pm	18yrs +	1
5420.103	03/10	SA	09:00am-12:00pm	18yrs +	1
5420.104	04/14	SA	09:00am-12:00pm	18yrs +	1

Materials Fee: \$20 due to the instructor the first day of class

Member Resident: \$5 Member Non-Res: \$8

Non-Member Resident: \$12 Non-Member Non-Res: \$15

ADULT COMPUTER CLASSES

Microsoft Windows

Learn storing files, copying, pasting and using many of the tools provided. Learn to organize files, create and manage folders, move and delete files and back-up files externally. Class manual \$20 fee.

Instructor: CRC Staff Location: Computer Room

Activity #	Date	Day	Time	Age	Sessions
5421.101	01/11	TH	06:30pm-9:30pm	18yrs +	1

Lab Fee: \$20 due to the instructor the first day of class

Member Resident: \$30 Member Non-Res: \$40

Non-Member Resident: \$40 Non-Member Non-Res: \$50

Beginning Computers-Windows/Excel/Word

Want to start with the on/off switch? We'll discuss different parts of the computer, get familiar with the mouse and keyboard and navigating Windows. You'll learn word-processing using Word and how to create spreadsheets using Excel. Class manual provided for a \$20 Lab Fee.

Instructor: CRC Staff Location: Computer Room

Activity #	Date	Day	Time	Age	Sessions
5421.102	03/15-03/29	TH	06:30pm-9:30pm	18yrs +	3

Material Fee: \$20 due to the instructor the first day of class

Member Resident: \$85 Member Non-Res: \$95

Non-Member Resident: \$95 Non-Member Non-Res: \$105

Beginning Internet & E-mail

Use the computer to learn how to send & receive e-mail, attach, save and find downloaded files and connect to websites. Learn to use Google & Yahoo effectively, set up favorites and discuss the different connection methods. Class manual provided for a \$20 Lab Fee.

Instructor: CRC Staff Location: Computer Room

Activity #	Date	Day	Time	Age	Sessions
5421.103	02/08	TH	06:30pm-8:30pm	18yrs +	3

Lab Fee: \$20 due to the instructor the first day of class

Member Resident: \$25 Member Non-Res: \$35

Non-Member Resident: \$35 Non-Member Non-Res: \$45

Word

Learn to create a customized name and address list and merge the list to print letters, labels, and envelopes. Create envelopes, various labels and business cards. Class manual provided for a \$20 Lab Fee.

Instructor: CRC Staff Location: Computer Room

Activity #	Date	Day	Time	Age	Sessions
5421.104	04/12	TH	06:30pm-9:30pm	18yrs +	3

Lab Fee: \$20 due to the instructor the first day of class

Member Resident: \$30 Member Non-Res: \$40

Non-Member Resident: \$40 Non-Member Non-Res: \$50

Powerpoint

Learn to design and enhance your presentations with slide masters and templates using Powerpoint. We'll work with presentation designs, learn to edit the background layout, apply word art, animate features, insert clip art and sound effects. Class manual provided for a \$20 Lab Fee.

Instructor: CRC Staff Location: Computer Room

Activity #	Date	Day	Time	Age	Sessions
5421.105	04/26	TH	06:30pm-9:30pm	18yrs +	3

Lab Fee: \$20 due to the instructor the first day of class

Member Resident: \$30 Member Non-Res: \$40

Non-Member Resident: \$40 Non-Member Non-Res: \$50

SENIOR CENTER

FREE Classes, Clubs and Activities for Seniors of all ages.

Senior Computer Lab

An opportunity for Seniors to use the computer lab to e-mail family and friends, type a letter to a friend, or just surf the web.

Location: Computer Lab

Days: Monday-Saturday Time: 10 a.m.-12 p.m.

Senior Aerobics

Focusing on keeping the joints flexible, obtaining muscle strength in and around the joints; and improving overall health and fitness.

Location: Gymnasium

Day: Tuesday & Friday Time: 10am

Computer Co-Pilots

Designed for teaching seniors the skills necessary to navigate the computer, use the internet, and use software such as; Microsoft Word and Excel. This class is taught by teen volunteers.

Location: Computer Lab

Day: Tuesdays & Thursdays Time: 3-4pm

Free Spirit Walking Club

Special class designed for Active Older Adults (45+). Meet twice a week to develop relationships and meet those who enjoy walking as well! Walking is a great way to introduce cardio fitness and endurance. Share new walking paths and green belts in the neighborhood!

Location: Meet in Senior Lobby

Day: Mondays & Wednesday Time: 10:00am

"Green Thumb" Gardening Club

This is a club designed for Adult Older Adults who absolutely find gardening fun and exciting. Bring in your tools to share what works! What's the best way to compost and who's got the green thumb? This is a place to meet peers who are botanist/gardening enthusiasts who would like to meet once a week to share gardening ideas, potting soil, nutrients, plant life, and if "you water it, it will grow!!"

Location: Activity Room 2

Day: Tuesdays Time: 2:00pm

Mondays

9am Card Games
9am Dominoes
10-12 Computers
10am Walking
12:00 Lunch
1:30pm Bingo

Tuesdays

9am Card Games
9am Dominoes
10-12 Computers
10am Sr. Aerobics
12:00 Lunch
2pm Gardening
3pm Computer
Co-Pilots

Wednesdays

9am Card Games
9am Dominoes
10-12 Computers
10am Walking
12:00 Lunch
2pm Readers

Thursdays

9am Card Games
9am Dominoes
10-12 Computers
12:00 Lunch
2pm Crochet
3pm Computer
Co-Pilots

Fridays

9am Card Games
9am Dominoes
10-12 Computers
10am Sr. Aerobics
12:00 Lunch
1pm Movie Matinee

"Crochet & Knit Me This" Club

This is an Active Older Adult club for those who absolutely enjoy the comforts of crocheting and knitting among their peers who may be able to share ideas, quick points, suggestions, tips, and even designs!

Location: Activity Room 2

Day: Thursdays Time: 2:00pm

The "Readers" Club

This is for the Active Older Adult who finds reading a pleasure and want to gather to share stories or books they've read. So bring your books, or choose a book to read together, which ever makes it fun for you. Come join us and share a few books, a few stories and maybe, just maybe you'll make a few friends along the way too!

Location: Activity Room 2

Day: Wednesdays Time: 2:00pm

Bingo

Who doesn't like Bingo? Come hang out with your friends and enjoy a fun game of Bingo! Prizes will be awarded.

Location: Multi-purpose Room

Day: Mondays Time: 1:30pm

Sr. Movie Matinee

Spend a quiet and relaxing afternoon among friends watching a matinee! Snacks will be provided but you may also bring a treat if you like! So, just bring yourself and a friend to enjoy the afternoon.

Location: Multi-purpose Room

Day: Fridays Time: 1:00pm

Lucky Travelers

Every month there are travel trips with transportation that leaves from the CRC to go to designated locations. There is a small fee associated with these trips. More information is in the monthly Senior Newsletter.

Community Action Group (CAG)

A resource for seniors who need help finding services within Santa Clara County. We have the ability to connect you with services you are eligible for. For more information contact Council on Aging at (408) 296-8290.





Community & Cultural Center

www.mhcommunitycenter.com

Facility Location

17000 Monterey Road
Corner of E. Dunne Avenue
(408) 782-0008

Registration begins Monday, December 11th

Hours of Operation

Mon & Fri: 8am-5:00pm / Tues-Thurs: 8am - 8pm

Community & Cultural Center Staff

17000 Monterey Road, Morgan Hill, CA 95037
(408) 782-0008 FAX (408) 779-5450
www.mhcommunitycenter.com

Recreation Supervisor	Therese Lugger therese.lugger@morgan-hill.ca.gov 782-0008 x 504
Recreation Coordinator	Chiquy Mejia christ.mejia@morgan-hill.ca.gov 782-0008 x 508
Event Coordinator	Debbie Lee-Lazzarino debbie.lazzarino@morgan-hill.ca.gov 782-0008 x 507
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Facility Specialist	Carlos Munoz Carlos.munoz@morgan-hill.ca.gov 782-0008 x 503
Office Assistant II	Sandra Diner sandra.diner@morganhill.ca.gov 782-0008 x 502

EARLY CHILDHOOD DEVELOPMENT

KinderClass

This is a parent-child participation class for preschool age children. We will gather for circle time activities such as singing, story time, singing, finger plays, and music and movement. We will make beautiful art and craft projects, too! Come have fun learning and make new friends! Parent participation required.

Instructor: Nancy Domnauer is a former preschool teacher who has been teaching children for over 15 years.

Location: CCC/Children's Pavilion

Activity #	Date	Day	Time	Age	Sessions
4302.101	01/08 - 02/12*	M	09:30-10:30am	2½-5yrs	5
4302.102	01/08 - 02/12*	M	10:45-11:45am	2½-5yrs	5
4302.103	01/09 - 02/13	T	09:30-10:30am	2½-5yrs	6
4302.104	01/09 - 02/13	T	10:45-11:45am	2½-5yrs	6
4302.105	02/26 - 04/02	M	09:30-10:30am	2½-5yrs	6
4302.106	02/26 - 04/02	M	10:45-11:45am	2½-5yrs	6
4302.107	02/27 - 04/03	T	09:30-10:30am	2½-5yrs	6
4302.108	02/27 - 04/03	T	10:45-11:45am	2½-5yrs	6

*No class: 1/15

Material Fee: \$15 due to instructor the first day of class.

Fee: \$86 / Resident Discount: \$76 (6 weeks)

Fee: \$73 / Resident Discount: \$63 (5 weeks)

Kindermusik: Village

Learn how to stimulate Baby's learning through vocal play, object exploration and creative movement. "Hickory, Dickory, Tickle and Bounce" encourages Baby's language development through rhythmic nature of favorite nursery rhymes. "The Rhythm Of My Day" is highlighted by the concepts of family's daily rituals and routines. Dress comfortably. "Sibling situations" may be discussed with the instructor on a case-by-case basis. Participants must be accompanied by an adult.

Instructor: Renaissance Tots' Kindermusik educators are certified by Kindermusik International.

Location: CCC/Madrone Room

Activity #	Date	Day	Time	Age	Sessions
4113.101	01/09 - 02/27*	T	10:00-10:45am	0-18mo	7
4113.102	03/06 - 04/17	T	10:00-10:45am	0-18mo	7

*No class: 2/20

Material Fee: \$30 per session due to instructor the first day of class.

Fee: \$94 / Resident Discount: \$84

Kindermusik: Our Time

Children will be introduced to a musical world filled with singing, imitations sounds, rhyming, sound identification, instrument exploration and creative movement. Fiddle-dee-dee explores creatures from the animal kingdom, whether furry, web-footed, winged or whiskered. Dress comfortably. "Sibling situations" may be discussed with the instructor on a case-by-case basis. Participants must be accompanied by an adult.

Instructor: Renaissance Tots' Kindermusik Staff

Location: CCC/Madrone Room

Activity #	Date	Day	Time	Age	Sessions
4113.103	01/09-02/27*	T	11:00-11:45am	1½-3yrs	7
4113.104	03/06-04/17	T	11:00-11:45am	1½-3yrs	7

*No class: 2/20

Material Fee: \$45 due to instructor the first day of class. (Good for both sessions.)

Fee: \$94 / Resident Discount: \$84

Kindermusik: Imagine That

Music will be paired with expressive language, storytelling, peer interaction, movement and pretend play for your child. Cities! Busy Places - Friendly Faces. Transports children into a class-created city, where ordinary sounds & sights on the street make musical ensemble. Parents drop off their children for the first 30 minutes of class and rejoin for the last 15 minutes (siblings are welcome at this time). Dress comfortably.



Instructor: Renaissance Tots' Kindermusik Staff

Location: CCC/Madrone Room

Activity #	Date	Day	Time	Age	Sessions
4113.105	01/09 - 02/27*	T	01:00-01:45pm	3-5yrs	7
4113.106	03/06 - 04/17	T	01:00-01:45pm	3-5yrs	7

*No class: 2/20

Material Fee: \$50 due to instructor the first day of class. Good for both sessions.

Fee: \$94 / Resident Discount: \$84

Mommie & Me Tumble Fun

Come join the fun with other parents and their little ones: Tumble time, children songs, music movement, structured group activity and free play. Children will learn basic tumbling and gymnastics skills in a safe and fun learning environment. The skills taught in this class will include- motor development, balance & coordination, strength, flexibility, socialization and meeting new friends. For more information call "I Can Gymnastics" at 782-6600. Sign up early, space is limited! Parent's participation is required.

Instructor: "I Can Gymnastics" staff, specializes in early child development and gymnastics, and is trained in safety technique and spotting.

Location: CCC/EI Toro Room

Activity #	Date	Day	Time	Age	Sessions
4401.101	01/10 - 02/28	W	10:00-10:45am	6mo-3yrs	8
4401.102	01/10 - 02/28	W	11:00-11:45am	6mo-3yrs	8
4401.103	03/07 - 04/25	W	10:00-10:45am	6mo-3yrs	8
4401.104	03/07 - 04/25	W	11:00-11:45am	6mo-3yrs	8

Fee: \$114 / Resident Discount: \$104 (8 week session)

Mommy/Daddy & Me Soccer

Introduce yourself and your toddler to the "World's Most Popular Game"! A variety of activities designed around the game of soccer will be played each week. Your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines. For more information go to www.kidzlovesoccer.com.

KLS Rain-out Hotline: (800) 871-2275.

Instructor: Kidz Love Soccer certified staff

Location: Paradise Park Soccer Field, Morgan Hill

Activity #	Date	Day	Time	Age	Sessions
4701.101	01/10-02/28	W	09:30-10:00am	2-3½yrs	8
4701.102	01/13 - 03/03	S	01:45-02:15pm	2-3½yrs	8
4701.103	04/04 - 05/23	W	09:30-10:00am	2-3½yrs	8
4701.104	03/31 - 05/19	S	01:45-02:15pm	2-3½yrs	8

Fee: \$98 / Resident Discount: \$88

KinderClass 2

Kinderclass 2 is a preschool class for children ages 4 - 5. We will follow the Kinderclass routine of circle time, music and movement, and story time. Additionally, we will enjoy creative play time, snack time, cooking and more. Parent participation required is required just once during the six week session.

Instructor: Nancy Domnauer

Location: CCC/Children's Pavilion

Activity #	Date	Day	Time	Age	Sessions
4302.109	01/11 - 02/15	TH	09:15-11:45am	4-5yrs	6
4302.110	03/01 - 04/05	TH	09:15-11:45am	4-5yrs	6

Material Fee: \$18 due to instructor the first day of class.

Fee: \$195 / Resident Discount: \$185

Art Exploration for little Ones

This class offers a great introduction to the world of art for children. Emphasis is on hands on experience with mixed media. Children develop problem solving skills and confidence as they create projects together. They will delight in expressing themselves through each new medium. You will delight in the focus the children display during the creation process.

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room

Activity #	Date	Day	Time	Age	Sessions
4103.101	01/11 - 2/22	TH	03:00-04:00pm	3½-5yrs	7
4103.102	03/01 - 04/26*	TH	03:00-04:00pm	3½-5yrs	7

*No Class 3/22 & 4/12

Material Fee: \$5 due to instructor the first day of class.

Fee: \$98 / Resident Discount: \$88

Clay Medley

Who says you can't have it all! This new class features a sample of three different types of clay. We will do projects with regular clay, polymer clay and an exciting new material, precious metal clay. During the firing this product becomes pure silver.

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room

Activity #	Date	Day	Time	Age	Sessions
4104.101	01/11 - 02/22	TH	04:30-05:30pm	4-5yrs	7
4104.102	03/01 - 04/26*	TH	04:30-05:30pm	4-5yrs	7

*No Class 3/22 & 4/12

Material Fee: \$17 due to instructor the first day of class.

Fee: \$98 / Resident Discount: \$88

Stomp, Rattle and Roll

Let your little one experience rhythm at their level and with their own personal expression. We will be crafting rhythm makers and shakers and such. We will even turn their own shoes into little rhythm sensations of their own! Each class will feature time to make and try out their creations. Parent must attend with child.

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room

Activity #	Date	Day	Time	Age	Sessions
4112.101	01/11 - 02/22	TH	01:30-02:15pm	2-3yrs	7
4112.102	03/01 - 04/26*	TH	01:30-02:15pm	2-3yrs	7

*No Class 3/22, 4/12

Material Fee: \$16 due to instructor the first day of class.

Fee: \$86 / Resident Discount: \$76

Room location may change without notice.

Clay Together

Introduce your toddler to the fabulous fun of clay and you are invited! Stimulate your child's imagination and fine motor skills as you create both beautiful projects and great memories together. All projects will be glazed and fired. There will be new projects each session. Parent must attend with child.

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room

Activity #	Date	Day	Time	Age	Sessions
4104.103	01/12 - 02/23	F	11:00-11:45am	2-3yrs	7
4104.104	03/02 - 03/16	F	11:00-11:45am	2-3yrs	3
4104.107	04/20 - 05/4	F	11:00-11:45am	2-3yrs	3

Material Fee: \$16 (7 week session) \$8 (3 week session) due at registration.

Fee: \$86 / Resident Discount: \$76 (7 week session)

Fee: \$46 / Resident Discount: \$36 (3 week session)

Elements

Earth, water, fire and air, come celebrate the elements with your little one. This fascinating class will allow your children to experiment with and delight in the dynamics of each element as they travel from station to station participating in the hands-on activities. These activities change every week. Parent must attend with child.

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room

Activity #	Date	Day	Time	Age	Sessions
4104.105	01/12 - 02/23	F	12:15-1:00pm	2-3yrs	7
4104.106	03/02 - 03/16	F	12:15-1:00pm	2-3yrs	3
4104.108	04/20 - 05/4	F	12:15-1:00pm	2-3yrs	3

Material Fee: \$12 (7 week session) \$8 (3 week session) due to instructor the first day of class.

Fee: \$86 / Resident Discount: \$76 (7 week session)

Fee: \$46 / Resident Discount: \$36 (3 week session)

City of Morgan Hill Recreation and Community Services presents



**Movie
Party**

Community Playhouse
Ages 7 and up

**Party
Time**

Community & Cultural Center
Ages 2 to 10

Variety of party package activities such as: indoor and outdoor games, ice-breakers, face painting, animal balloons, comedy, and music.

Available any day of the week!

Contact Chiquy Mejia, Recreation Coordinator
(408) 782-0008 or Christ.Mejia@morganhill.ca.gov. Habla español.

ARTS & CRAFTS

Art Sampler

Use a variety of art materials to explore drawing, painting, sculpture, collage & more! Emphasis is on creative and playful expression, so come enjoy our time together. There will be new projects each session.

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room

Activity #	Date	Day	Time	Age	Sessions
4103.103	01/09 - 02/20	T	03:30-04:30pm	6-12yrs	7
4103.104	02/27 - 04/24*	T	03:30-04:30pm	6-12yrs	7

*No Class 3/20 & 4/10

Material Fee: \$16 due to instructor the first day of class.

Fee: \$98 / Resident Discount: \$88



Watercolors: Here We Come!

Discover your genius for watercolor. We will learn the basics like color mixing and washing, brush techniques, light and shadow, and perspective. We will practice all these skills on still life paintings and story illustration.

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room

Activity #	Date	Day	Time	Age	Sessions
4110.101	01/10 - 02/21	W	03:00-04:00pm	4-5yrs	7
4110.102	02/28 - 04/25*	W	03:00-04:00pm	4-5yrs	7
4110.103	01/10 - 02/21	W	04:30-05:30pm	6-12yrs	7
4110.104	02/28 - 04/25*	W	04:30-05:30pm	6-12yrs	7

*No Class 3/21 & 4/11

Material Fee: \$15 due to instructor the first day of class.

Fee: \$98 / Resident Discount: \$88

Polymer Clay Class

This clay is like no other! Come discover this exciting medium where the possibilities are simply endless. Learn the basics and go on from there. Everyone loves this clay!!

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room or Diana Murphy

Activity #	Date	Day	Time	Age	Sessions
4104.109	01/10 - 02/21	W	06:00-07:00pm	4-5yrs	7
4104.110	02/28 - 04/25	W	06:00-07:00pm	6-12yrs	7

*No Class 3/21 & 4/11

Material Fee: \$15 due to instructor the first day of class.

Fee: \$98 Resident Discount: \$88

Clay Around

Castles and dragons, animals and cups, oh my! These are just a few of the exciting projects that we will create as we develop basic clay skills. Children will learn problem-solving skills as they express themselves through clay. All projects will be fired and glazed. There will be new projects each session.

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room

Activity #	Date	Day	Time	Age	Sessions
4104.111	01/12 - 02/23	F	02:45-03:45pm	4-5yrs	7
4104.112	03/02 - 03/16	F	02:45-03:45pm	4-5yrs	3
4104.115	04/20 - 5/4	F	02:45-03:45pm	4-5yrs	3

Material Fee: \$16 (7 week session) \$8 (3 week session) due at registration.

Fee: \$98 / Resident Discount: \$88 (7 week session)

Fee: \$48 / Resident Discount: \$38 (3 week session)

Clay Bust-a-Move; Adventure in Sculpture

Hey kids, want to learn some new moves with clay? This brand new class features clay sculpture for kids. It is designed to teach the basics. We will start with a human bust and go from there!

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room

Activity #	Date	Day	Time	Age	Sessions
4104.113	01/12 - 02/23	F	04:00-05:00pm	6-12yrs	7
4104.114	03/02 - 03/16	F	04:00-05:00pm	6-12yrs	3
4104.116	04/20 - 05/4	F	04:00-05:00pm	6-12yrs	3

Material Fee: \$16 (7 wk session) \$8 (3 wk session) due at registration.

Fee: \$98 / Resident Discount: \$88 (7 week session)

Fee: \$48 / Resident Discount: \$38 (3 week session)

Creative Drawing

This class is a fun drawing class using lines, shapes and texture. These elements will be used to draw stylized animals and more. Various artists and their styles and techniques will be introduced.

Instructor: Karen Hegglin

Location: CCC/Diana Murphy Room

Activity #	Date	Day	Time	Age	Sessions
4101.101	03/01-04/05	TH	03:30-04:20pm	6-8yrs	6
4101.102	03/01-04/05	TH	04:30-05:30pm	9-12yrs	6

Material Fee: \$10 due to the instructor the first day of class.

Fee: \$64 / Resident Discount: \$54

New

Making a Miniature Indoor Garden

Introduce your child to the joy of a miniature indoor garden. From the pleasure of planning and assembling the garden to the fascination of watching it flourish, a child will learn so much. Learn the basics of planning, planting and care of a mini garden. We will also be using polymer clay to make decorations for our gardens.

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room or Diana Murphy

Activity #	Date	Day	Time	Age	Sessions
4103.105	02/27 - 03/06	T	05:00-06:00pm	5-12yrs	2

Material Fee: \$10 due to instructor the first day of class.

Fee: \$37 / Resident Discount: \$27

New

Meet Celebrity Plants

Meet some celebrity plants and shake their leaves but no autographs today. Get up close and personal with plants that have an appetite. Learn about aromatherapeutic plants and the plans and herbs that wizards and magicians use in their potions. Discover the inner beauty of flowers as you examine them under a magnified lens. See you there!

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room or Diana Murphy

Activity #	Date	Day	Time	Age	Sessions
4103.106	03/27 - 04/03	T	05:00-06:00pm	5-12yrs	2

Material Fee: \$5 due to instructor the first day of class

Fee: \$37 / Resident Discount: \$27

New

Say Thank You to Bugs

Did you know that butterflies were picky eaters? Have you ever seen a praying mantis up close? Meet the gentle darling of the garden, the lady bug, unless of course you're an aphid! Join us for this fascinating class about beneficial bugs. Learn how these bugs assist us in the garden and yard and why we owe them a bug thank you!

Instructor: Julia Souders

Location: CCC/Poppy Jasper Room or Diana Murphy

Activity #	Date	Day	Time	Age	Sessions
4103.107	04/17 - 04/24	T	05:00-06:00pm	5-12yrs	2

Material Fee: \$10 due at registration.

Fee: \$37 / Resident Discount: \$27

DANCE & MUSIC

Tiny Tots Ballet & Creative Dance

This class is geared for Tiny Tots. Your child will be introduced to ballet and creative movement. This is a FUN class, which is action packed to keep your child's attention. Your child will learn ballet steps, use props, scarves, teddy bears, wands and begin to understand dance terminology.

Instructor: Dance Force Staff

Location: CCC/Mira Monte Room

Activity #	Date	Day	Time	Age	Sessions
4208.101	01/16 - 04/17*	T	10:10-10:40am	2½-3½yrs	12
4208.102	01/16 - 04/17*	T	11:35-12:05pm	2½-3½yrs	12
4208.103	01/16 - 04/17*	T	03:50-04:30pm	2½-3½yrs	12

*No class: 2/20 & 4/10

Fee: \$118 / Resident Discount: \$108

Ballet/Tap/Jazz Combo

This is a great class which introduces your child to ballet, tap and Jazz. Your child will learn ballet, tap and jazz steps, use props, scarves, wands and begin to understand dance terminology.

Instructor: Dance Force Staff

Location: CCC/Mira Monte Room

Activity #	Date	Day	Time	Age	Sessions
4208.104	01/16/04/17*	T	10:45-11:30am	3½-5½ yrs	12
4208.105	01/16/04/17*	T	04:25-05:10pm	3½-5½ yrs	12

*No Class: 2/20 & 4/10

Fee: \$127 / Resident Discount: \$117



Cheerleading/Hip Hop/Jazz

This class has it all! Your child will learn cheerleading motions, cheers, chants, jumps, techniques and use pom-poms. They will also learn basic jazz and hip hop moves to music like Radio Disney and Kids Bop! Your child will perform in a class dance routine and cheers on the last day of the session!

Instructor: Dance Force Staff

Location: CCC/Mira Monte Room

Activity #	Date	Day	Time	Age	Sessions
4207.101	01/16/04/17*	T	05:15-06:00pm	5-7yrs	12

*No Class: 2/20 & 4/10

Fee: \$127 / Resident Discount: \$117

Hip Hop & Jazz

Come out and learn the hottest new dance moves! This class is a high energy class that combines the elements of jazz and the latest hip hop moves you see on T.V. This is an action packed class! Your child will learn a dance routine that they will perform in class on the last day of the session.

Instructor: Dance Force Staff

Location: CCC/Mira Monte Room

Activity #	Date	Day	Time	Age	Sessions
4201.101	01/16 -04/17*	T	06:05-06:50pm	8-12yrs	12

*No Class: 2/20 & 4/10

Fee: \$127 / Resident Discount: \$117

Hula & Tahitian Dance

Come join this fun class for beginners. Tahitian and Hula dance are very graceful and beautiful dances that have meaning with each movement. While dancing you are toning all muscles in your body and telling a story. The moves in the class are repetitive and will be taught slowly. Come feel the Tahitian & Hawaiian spirit through the magic of dance

Instructor: Dance Force Staff

Location: CCC/Mira Monte Room

Activity #	Date	Day	Time	Age	Sessions
4209.101	01/18 -04/19*	TH	06:10-06:55pm	8-12yrs	12

*No Class 2/22 & 4/12

Fee: \$160 / Resident Discount: \$150

New

Rhythms Round Us

This is a fun and unique intro to Afro-Caribbean rhythms and beyond. Various hand percussions utilized and demonstrated, plus the steel drum. Learn how these rhythms are applied to popular music. Have a favorite drum or a hand instrument you would like to learn? Bring it. If not, no worries bring hands.

Instructor: Timothy Gutierrez has been a professional musician for over 25 years. He is well versed in many rhythms and music

Location: CCC/Children's Pavilion

Activity #	Date	Day	Time	Age	Sessions
4210.101	01/22 - 03/05*	M	04:00-05:00pm	8-12yrs	6
4210.102	03/26 - 04/30	M	04:00-05:00pm	8-12yrs	6

*No class 2/19

Material Fee: \$10 due at registration.

Fee: \$55 / Resident Discount: \$45

FITNESS & THEATER

I Can Gymnastics

This class is a fun introduction to the wonderful sport of gymnastics. Our class is a non competitive atmosphere. Our goal is to have fun in a safe environment. Each week students will learn gymnastics skills. Come dressed to participate and have fun! For more information call "I Can Gymnastics" at 782-6600. Sign up early, space is limited!

Instructor: "I Can Gymnastics" staff

Location: CCC/Mira Monte Room or El Toro Room

Activity #	Date	Day	Time	Age	Sessions
4402.101	01/10 - 02/28	W	09:00-09:40am	3-4yrs	8
4402.102	03/07 - 04/25	W	09:00-09:40am	3-4yrs	8
4402.103	01/10 - 02/28	W	03:15-04:00pm	3½-5yrs	8
4402.104	03/07 - 04/25	W	03:15-04:00pm	3½-5yrs	8
4402.105	01/11 - 03/01	TH	03:30-04:15pm	3½-5yrs	8
4402.106	03/08 - 04/26	TH	03:30-04:15pm	3½-5yrs	5
4402.107	01/10 - 02/28	W	04:00-04:45pm	6-10yrs	8
4402.108	03/07 - 04/25	W	04:00-04:45pm	6-10yrs	8
4402.109	01/11 - 03/01	TH	04:30-05:15pm	6-8yrs	8
4402.110	03/08 - 04/26	TH	04:30-05:15pm	6-8yrs	5

Fee: \$114 / Resident Discount: \$104 (8 wk session)

Fee: \$75 / Resident Discount: \$65 (5 week session)

Theater By Kids 4 Kids

Children can explore the word of theater at their own level, using fairy tales and imagination to help create their own dialogue, movements, set and costumes for a performance during the canal class!

Instructor: Amy McElroy is an experienced teacher of children's music, yoga and ballet, and has also worked with children's theater as a dance choreographer and production assistant.

Location: CCC/Hiram Morgan Hill

Activity #	Date	Day	Time	Age	Sessions
4102.101	01/12 - 02/16	F	10:45-11:30am	3½-5yrs	6
4102.102	01/12 - 02/16	F	03:45-04:30pm	5-7yrs	6
4102.103	03/02 - 04/27*	F	10:30-11:45am	3½-5yrs	6
4102.104	03/02 - 04/27*	F	03:45-04:30pm	5-7yrs	6

*No class 3/30, 4/06, 4/13

Materials fee: \$5 due at registration

Fee: \$63 / Resident Discount: \$53

SPORTS

Kidz Love Soccer

Kids will learn the world's most popular sport from professional coaches licensed in the KLS method. Your child will learn through skill demonstrations and instructional scrimmages conducted in a non-competitive, recreational format. Bring your tennis shoes and shin guards and be ready to have fun! For more information visit www.kidzlovesoccer.com

KLS Rain-out Hotline: 1 (800) 871-2275.

Instructor: Kidz Love Soccer certified staff

Location: Paradise Park Soccer Field, Morgan Hill

Session 1



Activity #	Date	Day	Time	Age	Sessions
4701.105	01/10 - 02/28	W	10:50-11:20pm	3½-4yrs	8
4701.106	01/10 - 02/28	W	05:05-05:35pm	3½-4yrs	8
4701.107	01/13 - 03/03	SA	04:50-05:20pm	3½-4yrs	8
4701.108	01/10 - 02/28	W	10:15-10:50am	4-5yrs	8
4701.109	01/10 - 02/28	W	02:45-03:20am	4-5yrs	8
4701.110	01/13 - 03/03	SA	02:30-03:05pm	4-5yrs	8
4701.111	01/10 - 02/28	W	03:20-04:05pm	5-6yrs	8
4701.112	01/13 - 03/03	SA	03:05-03:50pm	5-6yrs	8
4701.113	01/10 - 02/28	W	04:05-04:50pm	7-8yrs	8
4701.114	01/13 - 03/03	SA	03:50-04:35pm	7-8yrs	8
4701.115	01/10 - 02/28	W	04:05-05:05pm	9-12yrs	8
4701.116	01/13 - 03/03	SA	03:50-04:50pm	9-12yrs	8
4701.117	04/04 - 05/30	W	10:50-11:20pm	3½-4yrs	9
4701.118	04/04 - 05/30	W	05:05-05:35pm	3½-4yrs	9
4701.119	03/31 - 05/19	SA	04:50-05:20pm	3½-4yrs	8
4701.120	04/04 - 05/30	W	10:15-10:50am	4-5yrs	9
4701.121	04/04 - 05/30	W	02:45-03:20am	4-5yrs	9
4701.122	03/31 - 05/19	SA	02:30-03:05pm	4-5yrs	8
4701.123	04/04 - 05/30	W	03:20-04:05pm	5-6yrs	9
4701.124	03/31 - 05/19	SA	03:05-03:50pm	5-6yrs	8
4701.125	04/04 - 05/30	W	04:05-04:50pm	7-8yrs	9
4701.126	03/31 - 05/19	SA	03:50-04:35pm	7-8yrs	8
4701.127	04/04 - 05/30	W	04:05-05:05pm	9-12yrs	9
4701.128	03/31 - 05/19	SA	03:50-04:50pm	9-12yrs	8

Fee: \$98 / Resident Discount: \$88 (8 wk session)

Fee: \$106 / Resident Discount: \$96 (9 wk session)

Jr. Golf

This 5 week class will teach golf fundamentals such as: the grip, the stance, putting, chipping, and full swing. This is a great introduction to the sport or to review and practice what you have learned. Please dress comfortably, bring water and wear sun screen. Golf clubs will be furnished or you are welcome to bring your own.

Instructor: David Parks, 9 years teaching experience and is the 1st assistant Golf Professional Eagle Ridge.

Location: Eagle Ridge Golf Course, Gilroy

Activity #	Date	Day	Time	Age	Sessions
4704.101	01/13 - 02/10	SA	11:00-12:00pm	5-12yrs	5
4704.102	02/17 - 03/17	SA	11:00-12:00pm	5-12yrs	5
4704.103	03/24 - 04/21	SA	11:00-12:00pm	5-12yrs	5
4704.104	01/13 - 02/10	SA	01:00-02:00pm	5-12yrs	5
4704.105	02/17 - 03/17	SA	01:00-02:00pm	5-12yrs	5
4704.106	03/24 - 04/21	SA	01:00-02:00pm	5-12yrs	5

Fee: \$62 / Resident Discount: \$52

Mother & Child Golf

Join this 5 week introductory class with your child and learn at an easy, fun pace. Plus, this class is a great opportunity to spend quality time together. Golf is fun to learn and share with kids. Golf clubs will be furnished or you are welcome to bring your own.

Instructor: Scott Krause

Location: Eagle Ridge Golf Course, Gilroy

Activity #	Date	Day	Time	Age	Sessions
4704.107	01/20 - 02/17	SA	01:00-02:00pm	6 & up	5
4704.108	01/21 - 02/18	SU	10:00-11:00am	6 & up	5
4704.109	03/03 - 03/31	SA	01:00-02:00pm	6 & up	5
4704.110	03/04 - 04/01	SU	10:00-11:00am	6 & up	5

Fee: \$69 / Resident Discount: \$59

Tennis: Beginner/Intermediate

This is a course designed to teach the fundamentals, proper techniques and skill development to the players. Bring a tennis racket and dress appropriately. Space is limited, so sign up now!

Instructor: Michael Myers

Location: Community Park Tennis Courts, Morgan Hill

Activity #	Date	Day	Time	Age	Sessions
4702.101	01/17 - 02/21	W	3-3:30pm	5-8yrs	6
4702.102	02/28 - 04/04	W	3-3:30pm	5-8yrs	6
4702.103	01/17 - 02/21	W	3:30-4:30pm	9-12yrs	6
4702.104	02/28 - 04/04	W	3:30-4:30pm	9-12yrs	6

Fee: \$46 / Resident Discount: \$36 (5-8yrs)

Fee: \$82 / Resident Discount: \$72 (9-12yrs)

Youth Tennis League

The junior program is designed for the individual who already know how to play the game. He/she should be able to hit balls and rally consistently with a partner. The emphasis of the program is skill development and preparation for match play with the goal to prepare the Juniors for USA Team Tennis play by the spring of 2007. Bring a tennis racket and dress appropriately.

Instructor: Michael Myers

Location: Community Park Tennis Courts, Morgan Hill

Activity #	Date	Day	Time	Age	Sessions
4702.105	01/18 - 02/22	TH	3:30-4:30pm	9-12yrs	6
4702.106	03/01 - 04/05	TH	3:30-4:30pm	9-12yrs	6

Fee: \$82 / Resident Discount: \$72

Tennis: Private Lessons

These lessons are for individuals and/or small groups (1-6) people, who prefer individual attention and instruction that is not available in a large class setting. Please call (408) 782-0008 to get more information.

Instructor: Michael Myers

Location: Community Park Tennis Courts, Morgan Hill

Activity #	Date	Age
	01/18 - 05/01	5 and up
½ Hour Lesson: \$25 / Hour Lesson: \$50		

SELF-DEFENSE

Karate: Lil' Dragons

Lil' Dragons is a program that not only teaches blocks, punches, and kicks but also good citizenship, safety and life skills. Students will improve their focus, social skills and balance.

Instructor: Marieta DelaCruz

Location: CCC/Hiram Morgan Hill Room

Activity #	Date	Day Time	Age	Sessions
4705.101	01/09 - 02/01	T/TH 04:30-05:00pm	5-6yrs	4
4705.102	01/09 - 02/01	T/TH 06:00-06:30pm	5-6yrs	4
4705.103	02/06 - 03/01	T/TH 04:30-05:00pm	5-6yrs	4
4705.104	02/06 - 03/01	T/TH 06:00-06:30pm	5-6yrs	4
4705.105	03/06 - 03/29	T/TH 04:30-05:00pm	5-6yrs	4
4705.106	03/06 - 03/29	T/TH 06:00-06:30pm	5-6yrs	4
4705.107	04/03-04/26	T/TH 04:30-05:00pm	5-6yrs	4
4705.108	04/03 - 04/26	T/TH 06:00-06:30pm	5-6yrs	4

Material Fee: \$86 (includes uniform, gloves, patches and folder) to be paid to instructor in class. No material fee required for first class. Optional for first month, but is required for continuing students.

Fee: \$47 / Resident Discount: \$37

Karate: Youth

Students will learn self defense techniques against grabs, punches and kicks. They will also gain confidence, strength conditioning and flexibility.

Instructor: Marieta DelaCruz

Location: CCC/Hiram Morgan Hill Room

Activity #	Date	Day Time	Age	Sessions
4705.109	01/09 - 02/01	T/TH 5-6pm	7-10yrs	4
4705.110	02/06 - 03/01	T/TH 5-6pm	7-10yrs	4
4705.111	03/06 - 03/29	T/TH 5-6pm	7-10yrs	4
4705.112	04/03 - 04/26	T/TH 5-6pm	7-10yrs	4

Material Fee: \$99 (includes uniform, gloves, patches and binder) to be paid to instructor in class. No material fee required for first class. Optional for first month, but is required for continuing students.

Fee: \$70 / Resident Discount: \$60

Karate: Juniors & Adults

Students will learn self defense techniques against grabs, punches and kicks. They will also gain confidence, strength conditioning and flexibility.

Instructor: Marieta DelaCruz

Location: CCC/Hiram Morgan Hill Room

Activity #	Date	Day Time	Age	Sessions
3705.101	01/09-02/01	T/TH 6:30-7:30pm	11yrs+	4
3705.102	02/06-03/01	T/TH 6:30-7:30pm	11yrs+	4
3705.103	03/06-03/29	T/TH 6:30-7:30pm	11yrs+	4
3705.104	04/03-04/26	T/TH 6:30-7:30pm	11yrs+	4

Material Fee: \$99 (includes uniform, gloves, patches and binder) to be paid to instructor in class. No material fee required for first class. Optional for first month, but is required for continuing students.

Fee: \$70 / Resident Discount: \$60

Cool Kids Special Holiday Activities

New

Cool Kids Valentine Party

Come and enjoy the fun activities provided by the Coolest Recreation Leaders in town! There will be face painting, animal balloons, snacks, entertainment, and music. Also, we will provide a fun arts & craft activities where parents and children will participate together. Children under 1 year of age are free with a sibling. Bring your own camera!

Instructor: Recreation Staff

Location: CCC/El Toro Room

Activity #	Date	Day Time	Age	Sessions
4211.101	2/9	F 04:00-06:00pm	4½-11yrs	1

Fee: \$20 / Resident Discount: \$10

New

Cool Kids Spectacular Spring Camp

Hey all you cool kids! The cool kid's camp is back for a Spectacular Spring Program! We will provide lot of cool things such as fun outdoor and indoor games, relay races, arts & crafts, music, singing, dancing, circus skills, science projects, team building activities and a fun Friday field trip!

Instructor: Recreation Staff

Location: CCC/Hiram Morgan Hill Room & Children's Pavilion

Activity #	Date	Day Time	Age	Sessions
4305.101	04/09 - 04/13	M-F 07:30am-06:00pm	4½-11yrs	5

Fee: \$239/ Resident Discount: \$229 (10% sibling discount)

New

Cool Kids Spring Movie & Easter Egg Hunt

Come and enjoy an afternoon with the Coolest Recreation Leaders in town! There will be a cool movie with popcorn at the Morgan Hill Playhouse, then a Fun Easter Egg hunt, and a Polaroid picture with the Easter Bunny! Children under 1 year of age are free with a sibling. Bring your own camera!

Instructor: Recreation Staff

Location: CCC/Playhouse and Amphitheater

Activity #	Date	Day Time	Age	Sessions
4305.102	4/13	F 02:00-04:00pm	0-11yrs	1

Fee: \$20 / Resident Discount: \$10

New

Cool Kids Art & Games in the Park

Come and enjoy the fun activities provided by the Coolest Recreation Leaders in town! Join the Recreation Leaders at Community Park for fun Arts and Crafts and Games. Parents and children will participate together. Dress for mess! Children under 4 year of age are free with a sibling. Bring your camera!

Instructor: Recreation Staff

Location: Community Park

Activity #	Date	Day Time	Age	Sessions
4305.103	5/4	F 04:00-06:00pm	4½-11yrs	1

Fee: \$20 / Resident Discount: \$10

JUST 4 TEENS!

New

Recreation Leader Workshop

Are you 12 years old or older? Would you like to learn to become a recreation leader? If yes, this 5 day workshop is designed for you! Each participant will learn skills in the following areas: techniques for interacting with children, playground safety, arts & crafts, schedule of activities, planning, animal balloons, face painting, indoor and outdoor games, music and movement games.

Instructor: Chiquy Mejia

Location: CCC/Diana Murphy and/or Machado Room

Activity #	Date	Day	Time	Age	Sessions
3106.101	04/09 - 04/13	M-F	09:00am-04:30pm	12yrs +	5
3106.102	04/09	M	09:00am-04:30pm	12yrs +	1
3106.103	04/10	T	09:00am-04:30pm	12yrs +	1
3106.104	04/11	W	09:00am-04:30pm	12yrs +	1
3106.105	04/12	TH	09:00am-04:30pm	12yrs +	1
3106.106	04/13	F	09:00am-04:30pm	12yrs +	1

Lunch time: 12 to 12:30 pm. Bring your lunch bag.

Fee: \$210/ week Resident Discount: \$200/week

Fee: \$60/day Resident Discount: \$50/day

Jr. Golf

This 5 week class will teach golf fundamentals such as: the grip, the stance, putting, chipping, and full swing. This is a great introduction to the sport or to review and practice what you have learned. Please dress comfortably, bring water and wear sun screen. Golf clubs will be furnished or you are welcome to bring your own.

Instructor: David Parks, 9 years teaching experience and is the 1st assistant Golf Professional Eagle Ridge.

Location: Eagle Ridge Golf Course, Gilroy

Activity #	Date	Day	Time	Age	Sessions
4704.101	01/13 - 02/10	SA	11:00-12:00pm	12-17yrs	5
4704.102	02/17 - 03/17	SA	11:00-12:00pm	12-17yrs	5
4704.103	03/24 - 04/21	SA	11:00-12:00pm	12-17yrs	5
4704.104	01/13 - 02/10	SA	01:00-02:00pm	12-17yrs	5
4704.105	02/17 - 03/17	SA	01:00-02:00pm	12-17yrs	5
4704.106	03/24 - 04/21	SA	01:00-02:00pm	12-17yrs	5

Fee: \$62 / Resident Discount: \$52

Tennis: Teen Beginner/Intermediate

This is class is for the beginning and intermediate player. Basic fundamentals and skill development will be emphasized. Bring a tennis racket and dress appropriately. Space is limited, so sign up now!

Instructor: Michael Myers

Location: Community Park Tennis Courts, Morgan Hill

Activity #	Date	Day	Time	Age	Sessions
3704.101	01/17 - 02/21	W	04:30-05:30pm	13-18yrs	6
3704.102	02/28 - 04/04	W	04:30-05:30pm	13-18yrs	6

Fee: \$64 / Resident Discount: \$54

Teen Tennis League

The junior program is designed for the individual who already knows how to play the game. He/she should be able to hit balls and rally consistently with a partner. The emphasis of the program is skill development and preparation for match play with the goal to prepare the Juniors for USA Team Tennis play by the spring of 2007. Bring a tennis racket and dress appropriately.

Instructor: Michael Myers

Location: Community Park Tennis Courts, Morgan Hill

Activity #	Date	Day	Time	Age	Sessions
3704.103	01/18 - 02/22	TH	04:30-05:30pm	13-18yrs	6
3704.104	03/01 - 04/05	TH	04:30-05:30pm	13-18yrs	6

Fee: \$82 / Resident Discount: \$72

Hula & Tahitian Dance

This beginning Tahitian and Hula dance class is graceful, beautiful and meaningful. While dancing you are toning all muscles in your body and telling a story. The moves in the class are repetitive and will be taught slowly. Come feel the Tahitian & Hawaiian spirit through the magic of dance

Instructor: Dance Force Staff

Location: CCC/Mira Monte Room

Activity #	Date	Day	Time	Age	Sessions
3205.101	01/18-04/19*	TH	06:15-07:00pm	12-17yrs	12
3205.102	01/18-04/19*	TH	07:00-07:45pm	16-18yrs	12

*No Class 2/22 & 4/12

Fee: \$160 / Resident Discount: \$150



Join the Youth Advisory Committee

Meetings first Monday of every month at 5pm at City Hall, City Council Chambers, 17555 Peak Ave. Come and participate in the decision making for the teen programs that you would like to see at the new CRC - Teen Wing, including the new permanent Skate/BMX Park.

Contact Chiquy Mejia at the CCC at 782-0008 ext. 508.

ART

Design w/ Flowers

In this class you will learn to identify, process and design with fresh flowers to display in your home or to give as a gift. This class will review the basic principles and elements of floral design.

Instructor: Nasreen Ahmed

Location: CCC/Diana Murphy Room

IKEBANA: Material fee \$27 payable to the instructor at the first class.

Activity #	Date	Day	Time	Age	Sessions
3302.101	02/07-02/28	W	06:00pm-08:00pm	18yrs+	4

WESTERN LINE DESIGN: Material fee of \$34 payable to the instructor at the first class

Activity #	Date	Day	Time	Age	Sessions
3302.102	04/04-04/25	W	06:00pm-08:00pm	18yrs+	4

Fee: \$49 / Resident Discount: \$39

Wheel Thrown Ceramics

Use the potters wheel to create a cup or a bowl? This class teaches throwing techniques used on the wheel. It is open to all levels from beginner to advance. Bring your tools and a towel.

Instructor: Franka Reuter

Location: CCC/Poppy Jasper Room

Activity #	Date	Day	Time	Age	Sessions
3102.101	01/11-03/15	TH	05:30-08:00pm	14yrs+	10

Material Fee: \$10 for a 10 lb. bag of clay due at registration.

Fee: \$135 / Resident Discount: \$125

Open Lab Ceramics

Students and non-students alike may drop-in and work on pottery projects. You may use the pottery wheels and kiln by checking in with the ceramics room attendant. Only experienced participants may attend this open lab, it is NOT a class. You may NOT bring your own clay or glazes. Clay and glazes are available for purchase.

Location: CCC/Poppy Jasper Room

Activity #	Date	Day	Time	Age	Sessions
N/A	01/16-03/20	T	06:00-08:00pm	14yrs+	10

Fee: \$3 per hr

Student Discount: \$2 per hr (students enrolled in the wheel thrown ceramics class listed above.)

Creative Drawing

Express your creativity that is locked inside you. Karen will show you how line, shape, texture, space, color and value can tell your drawing story thru self expression.

Instructor: Karen Hegglin

Location: CCC/Diana Murphy Room

Activity #	Date	Day	Time	Age	Sessions
3101.101	03/01-04/05	TH	12:30-02:30pm	13yrs+	6
3101.102	03/01-04/05	TH	06:00-08:00pm	13yrs+	6

Fee: \$94 / Resident Discount: \$84



DANCE

Ballroom Dance Parties

Practice your new steps & renew your old ones while meeting new people. This open dance is for everyone- newcomer to advanced. Dance under the stars every 4th Friday of the month, lesson at 7pm., dance 7:30-9pm. No partner required!

Instructor: Nick & Katherine Eastvold.

Location: CCC/El Toro Room

Activity #	Date	Day	Time	Age	Sessions
3202.101	01/26	F	7-9pm	18yrs+	1
3202.102	02/23	F	7-9pm	18yrs+	1
3202.103	03/23	F	7-9pm	18yrs+	1
3202.104	04/27	F	7-9pm	18yrs+	1

Fee: Singles \$10 / Doubles: \$18 (per night)

New

West Coast Swing I & II

WCS is perfect for the experienced dancer. You will learn excellent technique along with the hottest moves and styling of this smooth and slotted dance. Partner encouraged but not required.

Instructor: Nick & Katherine Eastvold.

Location: CCC/El Toro Room

Activity #	Date	Day	Time	Age	Sessions
3202.106	02/06-03/13	T	6:30-7:30pm	18yrs+	6

Fee: \$82 / Resident Discount: \$72

New

East Coast Swing I & II

Get Ready for great fun and laughs! This big band swing & rock "n" roll dance will have you ready to jump and jive wherever you go. Perfect for any level at any age. Let's swing! Partner encouraged but not required. Class I starts February 6 and class II follows on March 20th?

Instructor: Nick & Katherine Eastvold.

Location: CCC/El Toro Room

Activity #	Date	Day	Time	Age	Sessions
3202.107	02/06-03/13	T	7:30-8:30pm	18yrs+	6
3202.108	03/20-04/24	T	7:30-8:30pm	18yrs+	6

Fee: \$82 / Resident Discount: \$72

New**Latin Dance: Cha Cha & Rumba I**

Learn the hottest Latin dances, Cha Cha with its high energy steps and styling and Rumba's slow and romantic rhythms. Look great on the dance floor! Partner encouraged but not required.

Instructor: Nick & Katherine Eastvold.

Location: CCC/EI Toro Room

Activity #	Date	Day	Time	Age	Sessions
3202.105	3/20-04/24	T	6:30-7:30pm	18yrs+	6

Fee: \$82 / Resident Discount: \$72

New**Latin Dance: Cha Cha & Rumba I**

Learn the hottest Latin dances, Cha Cha with its high energy steps and styling and Rumba's slow and romantic rhythms. Look great on the dance floor! Partner encouraged but not required.

Instructor: Nick & Katherine Eastvold.

Location: CCC/EI Toro Room

Activity #	Date	Day	Time	Age	Sessions
3202.105	3/20-04/24	T	6:30-7:30pm	18yrs+	6

Fee: \$82 / Resident Discount: \$72

Belly Dancing: Beginning & Intermediate

Students will learn step combinations and a more advanced finger cymbal pattern. Students will study the basic elements of drum solo and will learn a drum solo choreography. The instructor specializes in sword dancing and will teach the students the basic elements of balancing the sword.

Instructor: Laurel Sills

Location: CCC/Mira Monte Room

Beginning

Activity #	Date	Day	Time	Age	Sessions
3201.101	01/08-02/12*	M	6-7pm	18yrs+	6
3201.102	02/26-04/02	M	6-7pm	18yrs+	6

*No Class 01/15

Intermediate

Activity #	Date	Day	Time	Age	Sessions
3201.103	01/08-02/12*	M	7-8pm	18yrs+	6
3201.104	02/26-04/02	M	7-8pm	18yrs+	6

*No Class 01/15

Fee: \$70 / Resident Discount: \$60

Hula & Tahitian Dance- Beginning

This is a fun class for beginners and good exercise. Learn the graceful movements of this interpretive style of dance through the use of hand motions and hula steps. Come feel the spirit of the islands. Wear comfortable clothing and bring a tape recorder and a notebook.

Instructor: Keanu Bolivar

Location: CCC/Mira Monte Room

Activity #	Date	Day	Time	Age	Sessions
3205.101	02/06-03/27	T	6-7pm	18yrs+	8

Fee: \$75/ Resident Discount: \$65

Tap Dance

Its time to dance! Come out and join our beginning adult tap class and develop rhythm, coordination and balance. You will learn basic tap steps, combinations and terminology.

Instructor: Dance Force Staff Location: CCC/Mira Monte Room

Activity #	Date	Day	Time	Age	Sessions
3208.101	01/16-04/17*	T	12:15-1:15pm	14yrs+	12

No Class 2/20 or 4/10

Fee: \$166 / Resident Discount: \$156

ENRICHMENT**Earthquake & Natural Disaster Training**

Learn skills that will benefit you for a lifetime! This course provides simple guidelines that will help you prepare your home and family for earthquakes and other emergencies. Topics include Personal supplies, gas and electric safety, communications, fire safety and where to obtain information or assistance during disasters. Please pre-register for this class.

Instructor: Ken Foot

Location: Police Department, Morgan Hill

Activity #	Date	Day	Time	Age	Sessions
3313.101	01/10	W	6-9pm	18yrs+	1
3313.102	02/10	S	9am-12pm	18yrs+	1
3313.103	03/13	T	6-9pm	18yrs+	1
3313.104	04/07	S	9am-12pm	18yrs+	1

Free Class

New**Adult & Pediatric First Aid and CPR**

Learn infant, child and adult CPR and First Aid emergency medical response training to know what to do in case of an emergency. Pediatric teaches appropriate emergency response skills and prevention strategies for the care of infants and children. Adult care techniques are also included. This class is a must for family members and child care providers.

Instructor: Tracy Farstad is a certified Medic First Aid instructor and has a M.A. in Human Development, and a B.A. in Child Development with 18 years of experience working with families and children.

Location: CCC/Madrone Room

Activity #	Date	Day	Time	Age	Sessions
3313.105	04/14/06	SA	8am-5pm	13yrs+	1

Fee: \$49 / Resident Discount: \$39

New**Your Living Trust**

Avoid probate time and costs, protect your privacy and find out why Forbes and the Wall Street Journal say that middle income families should have a living trust.

Instructor: Tina Mentzos

Location: CCC/TBA

Activity #	Date	Day	Time	Age	Sessions
3305.101	01/17	W	6:30-7:30pm	18yrs+	1

Fee: \$35/ Resident Discount: \$25

New**Capital Gains Tax Solution**

Learn how you can avoid paying capital gains without using a 1031 exchange for your investments through Family Foundations, Private Annuity & Charitable Remainder Trusts. Real Estate professionals welcome.

Instructor: Tina Mentzos

Location: CCC/Diana Murphy Room

Activity #	Date	Day	Time	Age	Sessions
3305.102	02/14	W	6-7:30pm	18yrs+	1

Fee: \$45/ Resident Discount: \$35

New**FannieMae Buyer Education**

An introduction and education to the available home buyer down payment, closing cost assistance programs and counseling services including CRA, MCC, CalFHA, CHDAP, HTSCC and ACORN. Don't pay more than you have to for your home purchase.

Instructor: Tina Mentzos

Location: CCC/TBA

Activity #	Date	Day	Time	Age	Sessions
3305.103	03/01-03/15	W	6:30-7:30pm	18yrs+	1

Fee: \$50/ Resident Discount: \$40

New**Dream Homes Come True**

Learn the basics of home buying that everyone should know plus how to navigate through our changing market and stay one step ahead!

Instructor: Harriet Pecot has been a real estate professional for 12 years and lives and works in Morgan Hill. For more information please visit her website at www.morganhilldreamhomes.com

Location: CCC/Diana Murphy Room

Activity #	Date	Day	Time	Age	Sessions
3305.104	03/13	T	6:30-8:30pm	18yrs+	1

Fee: \$49/ Resident Discount: \$39

MUSIC***New*****Guitar: Let's Learn Chords**

If you are wanting to learn new guitar chords and positions or just needing dedicated time to practice then this class is for you. All levels welcomed. Please bring your nylon string guitar to class.

Instructor: Phil Vargas

Location: CCC/Children's Pavilion

Activity #	Date	Day	Time	Age	Sessions
3204.101	01/24-02/28	W	6-7pm	14yrs+	6
3204.102	03/14-04/18	W	6-7pm	14yrs+	6

Material Fee: \$15 payable to the instructor at the first class.

Fee: \$73 / Resident Discount: \$63

SPORTS**Adult Softball League**

The Spring Softball Manager's Meeting will be held at the Community & Cultural Center, Madrone Room on Monday, February 26, at 7pm. League play will begin on the following nights: Tuesday, 3/13 Advanced; Wednesday, 3/14 Novice and Thursday, 3/15 Intermediate. Registration deadline for returning teams is February 23, new teams March 9th at 5pm. Remember to register as soon as possible; only 6 teams per league. For more information contact Gabriel Rodriguez at (408) 771-8318 or spidermaze@aol.com. Schedules available online at: www.quickcores.com/morganhill.

Sports Coordinator: Gabriel Rodriguez

Fee: \$550 per team (This fee will cover all costs for fields, umpires, equipment and scorekeeper.)

Activity# 3703.101

Adult Golf

Learn one of the fastest growing sports in America....Golf! During this five week program, golf professional Scott Krause, will teach golf techniques from putting to the full swing. This class fills up fast, register early! Golf clubs will be furnished or you are welcome to bring your own clubs.

Instructor: Scott Krause

Location: Eagle Ridge Golf Course, Gilroy

Activity #	Date	Day	Time	Age	Sessions
3702.101	01/21-02/18	SU	12am-1pm	18yrs+	5
3702.102	02/24-03/24	SA	11am-12pm	18yrs+	5
3702.103	03/04-04/01	SU	12pm-1pm	18yrs+	5
3702.104	04/07-05/05	SA	11pm-12pm	18yrs+	5

Fee: \$89 / Resident Discount: \$79

Tennis: All Levels

Instructor: Michael Myers

Location: Community Park Tennis Courts, Morgan Hill

Adult Beginning

Activity #	Date	Day	Time	Age	Sessions
3704.101	1/16-02/20	T	9-10am	18yrs+	6
3704.102	02/27-04/03	T	9-10am	18yrs+	6

Adult Beginning/Intermediate

Activity #	Date	Day	Time	Age	Sessions
3704.103	01/17-02/21	W	6-7pm	18yrs+	6
3704.104	02/28- 04/04	W	6-7pm	18yrs+	6

Adult Intermediate

Activity #	Date	Day	Time	Age	Sessions
3704.105	01/16-02/20	T	10-11am	18yrs+	6
3704.106	02/27-04/03	T	10-11am	18yrs+	6

Fee: \$70 / Resident Discount: \$60

Tennis: Private Lessons

These lessons are for individuals and/or small groups (1-6), who prefer individual attention and instruction that is not available in a large class setting. Please call (408) 782-0008 to get more information.

Instructor: Michael Myers

½ Hour Lesson: \$25 / Hour Lesson: \$50 per person



Congratulations to the following league champions of the Adult Softball League Summer 2006 season!

Novice - **Outsiders** coached by **George Morales**

Intermediate - **Agilas Negras** coached by **Ruben Ramirez Jr.**

HEALTH & FITNESS**Yoga: All Levels**

Yoga is a great way to relax as well as build strength and flexibility. You will feel revitalized and relaxed in any of the yoga classes listed before. Select the one that is best for you.

Instructor: Eileen Sendrey

Location: CCC/Mira Monte Room

Easy Does It Yoga

Activity #	Date	Day	Time	Age	Sessions
3404.101	01/10-01/31	W	7-8pm	18yrs+	4
3404.102	02/07-02/28	W	7-8pm	18yrs+	4
3404.103	03/07-03/28	W	7-8pm	18yrs+	4
3404.104	04/04-04/25	W	7-8pm	18yrs+	4
3404.105	01/12-02/02	F	10-11am	12yrs+	4
3404.106	02/09-03/02	F	10-11am	12yrs+	4
3404.107	03/09-04/06*	F	10-11am	12yrs+	4
3404.108	04/13-05/04	F	10-11am	12yrs+	4

*No class 3/30

Yoga

Activity #	Date	Day	Time	Age	Sessions
3404.109	01/10-01/31	W	9-10am	12yrs+	4
3404.110	02/07-02/28	W	9-10am	12yrs+	4
3404.111	03/07-03/28	W	9-10am	12yrs+	4
3404.112	04/04-04/25	W	9-10am	12yrs+	4

Prenatal Yoga

Activity #	Date	Day	Time	Age	Sessions
3404.113	01/08-02/12*	M	6-8pm	N/A	5
3404.114	02/26-03/26	M	6-8pm	N/A	5
3404.115	04/02-04/30	M	6-8pm	N/A	5

*No class 1/15

Fee: \$55 / Resident Discount: \$45 (1 class/wk)

Fee: \$78 / Resident Discount: \$68 (one 2 hr class or two 1 hr classes/wk)

Pilates

Pilates is a low intensity, core strengthening workout that can help you firm, strengthen and tone your body. The result is a sleeker, more sculpted body.

Instructor: Ellen-Thurs.; Karen-Tue.; and Valerie-Wed.

Location: CCC/Mira Monte Room

Activity #	Date	Day	Time	Age	Sessions
3408.101	01/09-01/30	T	9-10am	13yrs+	4
3408.102	02/06-02/27	T	9-10am	13yrs+	4
3408.103	03/06-03/27	T	9-10am	13yrs+	4
3408.104	04/03-04/24	T	9-10am	13yrs+	4
3408.105	02/07-02/28	W	6-7pm	13yrs+	4
3408.106	03/07-03/28	W	6-7pm	13yrs+	4
3408.107	04/04-04/25	W	6-7pm	13yrs+	4

Fee: \$55 / Resident Discount: \$45 (1 class/wk)

Fee: \$78 / Resident Discount: \$68 (2 classes/wk)

SELF-DEFENSE**Karate: Juniors & Adults**

Students will learn self defense techniques against grabs, punches and kicks. They will also gain confidence, strength conditioning and flexibility.

Instructor: Marieta Delacruz

Location: CCC/Hiram Morgan Hill Room

Activity #	Date	Day	Time	Age	Sessions
3705.101	01/09-02/01	T/TH	6:30-7:30pm	18yrs+	4
3705.102	02/06-03/01	T/TH	6:30-7:30pm	18yrs+	4
3705.103	03/06-03/29	T/TH	6:30-7:30pm	18yrs+	4
3705.104	04/03-04/26	T/TH	6:30-7:30pm	18yrs+	4

Material Fee: \$99 (includes uniform, gloves, patches and binder) to be paid to instructor in class. No material fee required for first class. Optional for first month, but is required for continuing students.

Fee: \$70 / Resident Discount: \$60

Women's Self-Defense Class

This class stresses mental and verbal defense techniques and promotes self-awareness for common life situations. Through discussion and role playing, students foster confidence and build verbal skills and physical escape techniques are also taught. Techniques are reviewed and new ones taught each class. Wear comfortable clothing and bring bottled water.

Instructor: Marieta Delacruz

Location: CCC/Mira Monte Room

Activity #	Date	Day	Time	Age	Sessions
3705.105	04/14	SA	11am-1pm	13yrs +	1

Material Fee: \$20 (optional workbook) due to instructor.

Fee: \$40 / Resident Discount: \$30

New**Fencing: Musketeer Style**

Learn to use the rapier and dagger like the Three Musketeers. The rapier is the fore runner of modern fencing. In this class you will learn English martial arts from the early 1600's.

Instructor: Steaphen Flick

Location: CCC/EI Toro Room

Activity #	Date	Day	Time	Age	Sessions
3706.101	03/05-04/23	M	6:30-8pm	15yrs+	8

Material Fee: \$20 for use and maintenance of equipment

Fee: \$130/ Resident Discount: \$120

Composting Workshop

Individuals will discover the benefits of gardening using their own compost. Classes are FREE and are held at the CCC. Pre-registration is required by calling 918-4640.

Location: CCC/Diana Murphy Room

Activity #	Date	Day	Time	Age	Sessions
3303.101	04/21	S	10am-12pm	18yrs+	1
3303.102	05/19	S	10am-12pm	15yrs+	1

Material Fee: \$20 for use and maintenance of equipment

Activity #	Date	Day	Time	Loc
3303.103	04/21	S	10am-12pm	CCC
3303.104	05/19	S	10am-12pm	CCC



www.mhaquaticscenter.com

Facility Location

16200 Condit Road, Morgan Hill, CA 95037
(408) 782-2134

Winter/Spring 2007 Classes and Programs

The Morgan Hill Aquatics Center is offering a limited number of classes and programs for the Winter/Spring 2007, season. We hope that you will find that these will fulfill your needs for the season.

Registration Begins Monday, December 11th!

Aquatics Center Staff

Recreation Supervisor Angela Papp
angela.papp@morgan-hill.ca.gov
782-2134 x701

Recreation Coordinator Theresa Magno
theresa.magno@morgan-hill.ca.gov
782-2134 x702

Facility Specialist Sergio Jauregui
sergio.jauregui@morgan-hill.ca.gov
782-2134 x704

Wetball

This program is designed to introduce children to the basic skills of water polo with an emphasis on fun and participation. Wetball participants practice in the shallow pool, so strong swimming skills are not necessary. Wetball is accessible for all children.

Spring: March 13 - May 17

T/Th 5:00-6:00 p.m. #4700.100
Resident \$80.00 / Non-Resident \$90.00



Private Swim Lessons

Private swim lessons for ages 3 years through adult, and for any level of ability, are available in a 4 week session. Instruction is geared toward the individual student's ability. The private swim lessons are offered as an eight class session that is thirty minutes in length per class. The sessions are either M/W or T/TH over four weeks. One student/participant is enrolled in the entire eight class session. The Morgan Hill Aquatics Center does not accept rescheduling of missed classes for this program.

Registration for these classes is on a first come, first served basis.

Spring #1: April 2 - April 26

M/W	Activity #	T/Th	Activity #
9:00-9:30a	4500.100	4:00-4:30p	4501.102, 4501.103
9:30-10:00a	4500.101	4:30-5:00p	4501.104, 4501.105
4:00-4:30p	4500.102, 4500.103	5:00-5:30p	4501.106, 4501.107
4:30-5:00p	4500.104, 4500.105	5:30-6:00p	4501.108, 4501.109
5:00-5:30p	4500.106, 4500.107	6:00-6:30p	4501.110, 4501.111
5:30-6:00p	4500.108, 4500.109		
6:00-6:30p	4500.110, 4500.111		

Spring #2: April 30 - May 24

M/W	Activity #	T/Th	Activity #
9:00-9:30a	4500.200	4:00-4:30p	4501.202, 4501.203
9:30-10:00a	4500.201	4:30-5:00p	4501.204, 4501.205
4:00-4:30p	4500.202, 4500.203	5:00-5:30p	4501.206, 4501.207
4:30-5:00p	4500.204, 4500.205	5:30-6:00p	4501.208, 4501.209
5:00-5:30p	4500.206, 4500.207	6:00-6:30p	4501.210, 4501.211
5:30-6:00p	4500.208, 4500.209		
6:00-6:30p	4500.210, 4500.211		

Resident \$215.00 / Non-Resident \$240.00

Fun 'N' Fit Swim Conditioning

This is an introductory program, for ages 5-17 years, leading to potentially joining a swim team. It features:

- Everybody Wins Philosophy
- Focus on Fun
- Emphasis on the four competitive strokes
- Includes T-shirt and individual recognition for all participants
- No USA Swimming Registration is required
- Must be able to swim one length (25 yards) free-style, one length (25 yards) back-stroke, and 15 yards breaststroke.
- No swim meet requirements

Spring #1: March 12 - April 12 M-Th 4:00-5:00 p.m. #4600.100

Spring #2: April 23 - May 24 M-Th 4:00-5:00 p.m. #4600.200

Resident \$55.00 per month / Non-Resident \$65.00 per month

Synchronized Swimming

We will be offering synchronized swimming for children ages 6-12, who are interested in learning about the sport. The program is geared for beginners to intermediate level of synchronized swimming, including those who have the skills necessary to perform at the age group level. Curriculum will include stretching, learning to count, swim to music and basic sychro techniques. If your child enjoys gymnastics, dance, music and swimming then synchronized swimming just might be their sport! Please bring goggles (or you can purchase at AC). Nose clips will be available for sale at the pool for \$2/each.

Prerequisites: Child must be extremely comfortable in the water and be able to front and back float with ease. Must be able to swim 25 yards doing front crawl.

March 19 - May 16 M/W 4:00-5:00pm (10 classes)
#4800.100

Maximum number of students will be 15. If needed, we will also add a T/TH class during the same times.

Residents \$120 / Non-Residents \$140

Coed Aquatic Fitness Classes

Shallow Tone: This shallow Water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or tennis shoes are recommended.

Winter: January 8 - March 16

M/W/F 8:00-9:00 a.m. #3600.100

Spring: March 19 - May 25

M/W/F 8:00-9:00 a.m. #3600.200

Resident \$105.00 / Non-Resident \$115.00

Winter: January 8 - March 14

M/W 5:45-6:45 p.m. #3600.101

Spring: March 19 - May 23

M/W 5:45-6:45 p.m. #3600.201

Resident \$70.00 / Non-Resident \$80.00

Deep H2O Dynamics: This class is designed for more proficient swimmers, and is taught in 7 feet of water. Deep water aerobics with the assistance of cuffs and hand buoys will increase flexibility, strength, cardiovascular endurance, balance and motor coordination in a non-impact environment.

Winter: January 8 - March 16

M/W/F 12:00-1:00 p.m. #3700.100

Spring: March 19 - May 25

M/W/F 12:00-1:00 p.m. #3700.200

Resident \$105.00 / Non-Resident \$115.00

Winter: January 9 - March 15

T/Th 5:45-6:45 p.m. #3700.101

Spring: March 20 - May 24

T/Th 5:45-6:45 p.m. #3700.201

Resident \$70.00 / Non-Resident \$80.00

ADD AN ADDITIONAL TWO DAY PER WEEK CLASS FOR \$45.00

Coed Aquatic Fitness Punch Pass Upgrade

Enroll in any aerobic class and automatically qualify for the Aerobics Punch Pass upgrade (good only for the Session you enroll in). The Aerobics Punch Pass up-grade allows for flexibility between other classes and is available in 5 punch pass, 10 punch pass or 15 punch pass increments. The Punch Pass will expire at the end of the Session you enroll in and cannot be carried over to the next session of enrollment. Punch Pass may only be used by the person purchasing the Punch Pass (photo ID will be required).

Punch Pass will ONLY be sold after the first week of classes has ended

5 Punch Fitness Pass	Res. \$35.00 / Non-Res. \$40.00
10 Punch Fitness Pass	Res. \$50.00 / Non-Res. \$55.00
15 Punch Fitness Pass	Res. \$67.50 / Non-Res. \$72.50



Masters Lap Swim Program

Self paced workouts and lap swimming for adults, 18 years of age and over. This program may include technique and stroke refinement, endurance, strength, speed, and over all skill improvement.

Monthly (Begins January 2)

M-F 5:00-8:00 a.m.

M-F 5:00-6:45 p.m.

T/Th 11:30a.m.-1:30p.m.

Sat 7:00-10:00a.m.

Resident \$45.00 per month / Non-Resident \$55.00 per month

Masters Fee: \$35.00 per year for U.S. Masters Registration is REQUIRED

Tri-Athlete Training

This class offers instruction and coaching in advanced swimming techniques for tri-athletes and other adults. Individual and small group coaching is designed to improve swimming efficiency (primarily freestyle for tri-athletes). Instructional times will be arranged as a group with the instructor, with 4-5 classes scheduled per month. The fees below include a Masters Lap Swim monthly pass and will require registration with Pacific Masters Swimming (\$35 annual fee).

**For those whose Masters Lap Swim Pass and Tri-Athlete Fees do not have matching expiration dates, a pro-rated fee will be charged.

Resident \$80.00 per month / Non-Resident \$90.00 per month

Water Safety Instructor

Be certified to teach Swim Lessons for that perfect summer job! The goal of the Water Safety Instructor course is to train instructor candidates to teach the six levels of the Learn to Swim Program; the Basic Water Rescue course and the Parent & Child Aquatics program; and for eligible individuals, the Safety Training for Swim Coaches course.

Prerequisites: 16 years of age and able to pass the swimming pre-test, which consists of swimming 25 yards of the following strokes: front crawl, back crawl, breaststroke, sidestroke, elementary backstroke, butterfly (15 yards)

Class will start in early April. Please call 782-2134 x 701 for exact dates/times.

Fee: Residents \$200 / Non-Residents \$215

30th Annual National Championship

One Hour Postal Swim for all Morgan Hill Masters

How far can you swim in one hour?

- \$6 per individual
- Snacks and refreshments
- Bring a buddy to count laps

Find out January 13, 2007

Warm-ups: 7:30 am

Heat 1: 8:00 am / Heat 2: 9:15 am

Contact Theresa Magno 782-2134 x702

HOW TO REGISTER



FAX-IN REGISTRATION

Fax-in registrations must include complete credit card information and should be faxed to the following:
Centennial Recreation Center: (408) 778-8286
Community & Cultural Center: (408) 779-5450



MAIL-IN REGISTRATION

Mail-in registrations are only accepted for classes at the Community & Cultural Center up to 7 days before the start of a class and/or until the class is full. Make checks payable to "City of Morgan Hill". Include a self-addressed stamped envelope in order to receive receipt confirmation. Please complete the registration form and mail with payment to:

Morgan Hill Community & Cultural Center
Attn: "Classes"
17000 Monterey Road
Morgan Hill, CA 95037



ONLINE REGISTRATION

Online registration may be completed for classes only at the Community & Cultural Center by logging onto www.active.com/browse/morganhill. A convenience fee will be applied to all online registrations as follows:

<u>Class fee</u>	+	<u>Online Convenience fees</u>
Up to \$150		Equal to 6.5% + \$0.50
\$151 to \$500		Equal to 3.5% + \$5.00
Over \$501		Equal to 2.5% + \$10.00



WALK-IN REGISTRATION

Walk-in registrations are processed during normal business hours. See facility hours listed in under each section.



REGISTRATION QUESTIONS?

Please call the facility directly for any questions regarding registrations. The facility contact information is listed on the Registration Form on the following page.

POLICIES & GUIDELINES

❖ OPEN REGISTRATION

Our approach to registration is intended to allow equal admittance to all Morgan Hill residents. All registrations are taken on a first-come first-serve basis. The City of Morgan Hill Recreation and Community Services Division offers open registration for each class held. The City does not offer guaranteed admittance from one session to the next.

❖ CLASS CANCELLATION

The City of Morgan Hill Recreation and Community Services Department reserves the right to cancel any class that does not meet the set minimum enrollment. Please register early to avoid class cancellations. We will make every effort to notify you of a cancellation prior to the scheduled class starting date. The City will attempt to make up classes missed due to instructor illness or weather conditions, by lengthening the weeks or hours of the class when scheduling permits.

❖ CLASS REFUND POLICY

All refund requests must be submitted in writing to the facility where registration was processed. Refunds will be issued for class cancellations received at least 7 business days prior to the start of the class. No refunds will be given for cancellations made less than 7 business days prior to the first day of class. There will be a \$10.00 processing fee for each class cancellation request. When the class fee is paid by check, there is a 3 week waiting period before the refund check will be processed and mailed. Credit card refunds will be credited back to the original credit card account within one week of receiving the refund request.

❖ SCHOLARSHIPS

Scholarships are available upon request from the Aquatics Center, Centennial Recreation Center and the Community & Cultural Center. Contact each facility for more information on the application process.



REGISTRATION FORM

Recreation & Community Services Department

Centennial Recreation Center (408) 782-2128 www.mhcr.com	Community & Cultural Center (408) 782-0008 www.mhcommunitycenter.com	Aquatics Center (408) 782-2134 www.mhaquaticscenter.com
Complete the form below and submit in person or by fax to the below location. 171 W. Edmundson Ave. Morgan Hill, CA 95037 FAX: (408) 778-8286	Complete the form below and submit in person, by fax, by mail or online to the below location. 17000 Monterey Road Morgan Hill, CA 95037 FAX: (408) 779-5450	Complete the form below and submit only in person to the below location. 16200 Condit Road Morgan Hill, CA 95037

CONTACT INFORMATION	
NAME (ADULT):	HOME PHONE :
<input type="checkbox"/> PARENT <input type="checkbox"/> GUARDIAN <input type="checkbox"/> GRANDPARENT <input type="checkbox"/> SELF	WORK PHONE :
ADDRESS/CITY/ZIP:	CELL PHONE:
E-MAIL ADDRESS:	EMERGENCY:

PARTICIPANT'S FIRST & LAST NAME	MEMBER # (if applicable)	BIRTHDATE	CLASS TITLE	ACTIVITY #	FEE
Make ALL checks payable to "City of Morgan Hill".		A \$3 registration fee will be applied to all Aquatics Center and Community & Cultural Center registrations.		Registration Fee:	\$
				TOTAL FEE:	\$

CREDIT CARD INFORMATION	
I hereby authorize the use of my: <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> ACCOUNT NO. _____	
PRINT NAME (as it appears on card):	EXPIRATION DATE (MO/YR):

LIABILITY RELEASE: IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA and City of Morgan Hill (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA or City of Morgan Hill, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA or City of Morgan Hill for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA AND CITY OF MORGAN HILL FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA OR CITY OF MORGAN HILL, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

- THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents or City of Morgan Hill elected officials, officers, employees, agents and representatives (hereinafter referred to as "releasees") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned or such children are in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA or City of Morgan Hill.
- THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon or about the YMCA and City of Morgan Hill premises or in any way observing or using any facilities or equipment of the YMCA or City of Morgan Hill or participating in any program affiliated with the YMCA or City of Morgan Hill whether caused by the negligence of the releasees or otherwise.
- THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releasees or otherwise while in, about or upon the premises of the YMCA or City of Morgan Hill and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA or City of Morgan Hill.
- THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
- THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made. **I HAVE READ THIS RELEASE.**
-

☐ Participant ☐ Parent/Guardian SIGNATURE: _____ DATE: _____

Cool Kids Summer Day Camp 2007

Hey all you cool kids! Be cool and stay cool...attend the coolest summer day camp in Morgan Hill!

Come splish & splash at the Aquatics Center, enjoy the water feature at the Community Center, & the New Centennial Recreation Center, and have a great time with the coolest Recreation Leaders in town!

The Morgan Hill Recreation Department's Cool Kids Camps will provide lots of cool things such as:

fun indoor and outdoor games relay races
swimming and pool adventures music
nature studies arts & crafts circus skills
singing dancing ceramics
science projects team building activities
Friday field trips and much more!

We offer a full day camp. You may sign-up for as many weeks as you wish, but you must register at least 2 weeks prior to the camp's start date.

Camp Weeks: Field Trips:

Week 1

Jun 18-22 Friday, June 22 Morgan Hill Community Park*
Activity #: 4305.201

Week 2

Jun 25-29 Friday, June 29 Golf land / Mini Golf Park, San Jose

Activity #: 4305.202

Week 3

July 2-6 Friday, July 6 TBA
Activity #: 4305.203

Week 4

July 9-13 Friday, July 13 TBA
Activity #: 4305.204

Week 5

July 16-20 Friday, July 20 TBA
Activity #: 4305.205

Week 6

July 23-27 Friday, July 27 TBA
Activity #: 4305.206

Week 7

July 30-Aug 3 Friday, Aug 3
7:30 - 1pm Community Center "Good Bye Show"
1:15 - 6pm Aquatics Center

Activity #: 4305.207

*Friday, June 23rd and July 13th meet at the park.

For more information:

Morgan Hill Community and Cultural Center
408/782-0008
Mondays and Fridays 8am to 5pm
Tuesdays, Wednesdays, & Thursday 8am to 8pm

If you register on-line please make sure to download:

- Parents Information Packet
- Emergency/Medical Release & Allergy Information Form
- Drop-off/pick-up Authority Form
- Swim Permission Form & Ability Level Questionnaire Form
- Field Trip permission Form



Full Day Camp:

Monday - Friday, 7:30 am - 6:00 pm

Camp hours: 9:00am-4:00pm

Extended care hours: 7:30am-9:00am &

4:00pm to 6:00pm. Extended care hours are included in camp fee, but if your child is not picked up by 6:00 pm, you will be charged an extra \$5 for every 15 minutes past 6:00pm.

Full Day Camp Locations:

Mondays & Wednesdays: Community and Cultural Center (CCC), 17000 Monterey Rd.
Phone #: 408/782-0008

Tuesdays: Aquatics Center (AC), 16200 Condit Rd., (between Dunne Ave. & Tennant Av.).
Phone #: 408/782-2134

Thursdays: Centennial Recreation Center (CRC), 171 West Edmundson.
Phone #: 408/782-2128

Fridays: Field Trips departure time will be announced in the week schedule. We will meet at the Community and Cultural Center (CCC), 17000 Monterey Rd.

Full Day Camp Fee:

\$ 229 (\$239 non-resident) per camper per week. 10% discount for siblings. Age: 4.5-11

Camp fee includes: a great day of fun, field trip transportation and admission fee for field trip destination.

Bring: a towel, proper swim attire, water shoes, sunscreen, a morning and afternoon snacks, a sack lunch & water/drinks.

At the Community Playhouse



South Valley Civic Theatre Presents



Based on the Emmy Award-winning 1970s Saturday morning cartoon series that taught history, grammar, math, science and politics through clever, tuneful songs, this show is lighting up stages everywhere.

8pm Shows:

Mar 9, 10, 16, 17, 23, 24, 30, 31

2pm Shows: **Mar 17, 25**

Coming Soon

Plaza Suite and California Suite
(May-June)

Music Man
(June-July)

Comedy Night

Entertainment provided by some of the area's best comics! Bar drinks provided by Rosy's at the Beach.

Last Thursday of every month.

Show starts at 8:00
Tickets at door \$10

www.wesjoke.com/playhouse
or 782-0008 for more info.

City of Morgan Hill
17555 Peak Avenue
Morgan Hill, CA 95037

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